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# ON THE MARK

HUNGER GAMES TRAINER ON THE ART OF ARCHERY AND PREPPING JENNIFER LAWRENCE PAGE 16

OTTAWA metro®

Tuesday, April 3, 2012

News worth sharing.

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## ‘IT STINGS’

Liberal MPs, including Justin Trudeau, right, look on as Conservative Senator Patrick Brazeau holds a Liberal hockey sweater he will wear in the Senate on Parliament Hill Ottawa as part of the bet the two men made ahead of their “Fight for the Cure” cancer-benefit boxing bout Saturday. Story, page 4. ADRIAN WYLD/THE CANADIAN PRESS

# Layoff notices anticipated this week

**Civil service.** Federal departments tight-lipped ahead of notifying public servants about job losses

STEVE COLLINS
ottawa@metronews.ca

Public-service layoff notices are expected to start going out Wednesday, but federal departments contacted by Metro would not say how many they’ll issue.

Foreign Affairs Minister John Baird, who represents Ottawa West-Nepean, said last week Ottawa-Gatineau would absorb 4,800 of the 19,200 layoffs announced in the budget.

John Gordon, president of the Public Service Alliance of Canada (PSAC), disputed that number, noting some layoffs from cuts over the past five years have yet to take effect.

“In addition to the budget figures, you’ve got these ones that are still in the hopper,” he said.

He also disputed assurances that cuts focused on “back-office” staff won’t affect services.

“I don’t think John Baird would be able to do as much as he does if he didn’t have a good staff working in his back office, and that goes for all of us, me included,” Gordon said.

“Front-end services and programs are affected drastically.”

On Wednesday PSAC will present its detailed analysis of last week’s budget.

**You don’t say ...**

**Metro called several departments to ask how many local jobs they plan to cut. Some sample responses:**

- **Environment:** “Over the coming weeks and months, departments will be informing unions and employees about specific changes and will communicate accordingly.”
- **Public Safety:** “Departmental officials are taking the next week to carefully review and assess the decisions for the department and to finalize the implementation plans.”
- **Agriculture:** “The Treasury Board secretariat is leading on this question, so I’m just going to reach my colleagues there to confirm that they can get back to you and help you out with that question.”

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# ‘Trash 2 Cash Challenge’ tries for biweekly pickup

**$1,000 contest.** Councillor hopes his idea will show residents how easy it is to compost

JOE LOFARO
joe.lofaro@metronews.ca

One city councilor is giving his constituents the chance to win $1,000 towards their property tax by trying out biweekly garbage pickup a little early.

Alta Vista Coun. Peter Hume announced the “Trash 2 Cash Challenge” Monday to test the change to biweekly garbage pickup, which takes effect in November.

Participants who enter the contest must put out their garbage every two weeks from April 16 to May 20 and use their green, blue, and black bins to handle their waste. Each week they must also fill out a survey answering questions on how it went and submit a photo of the bins at their curbs.

At the end of the contest, all participants who completed the challenge will be entered into a draw for $1,000 off their property tax.

The prize money would come from Orgaworld, the company that handles the city’s compost.

“This challenge will get people used to reducing their waste, and hopefully show them how easy it is to fill their green bin instead of filling their garbage,” said Hume in a news release. “This is waste that doesn’t need to be sitting in a landfill and can be rerouted to a better purpose.”

Hume said Ottawa produces more than 200,000 tonnes of garbage annually and much of it could be better directed to the green-bin program.

Registration for the contest ends on April 14 and only residents of Alta Vista ward can apply.

More details of the contest are available on peter humeottawa.blogspot.ca

Less frequent garbage pickup and filling up the green bin more could be lucrative for a lucky Alta Vista homeowner thanks to a contest dreamed up by ward Coun. Peter Hume. SEAN MCKIBBON/METRO

# Medical weed smoker fears new bylaw

Ottawa pot activist Russell Barth
GRAHAM LANKTREE/METRO

A new smoking ban at Ottawa’s farmers’ markets, parks, beaches, patios, outdoor festivals and other public places leaves medicinal- marijuana users in legal limbo, said Russell Barth, a pot activist, writer and comedian in the city.

The law, whose phase-in began on Monday, will see city bylaw-enforcement officers handing out warnings to smokers until July 2 when they start fining offenders.

“It leaves me in a legal grey area,” said Barth, who has a medicinal marijuana licence to treat his Epilepsy and Fibromyalgia, a chronic pain syndrome. “If my wife is having an epileptic seizure, I can’t drag her to the sidewalk so she can relieve her symptoms.”

Barth said, he wants the city to amend the bylaw to make clear it exempts medicinal-marijuana users. At the moment, the law leaves only a legal loophole.

But city officials said Barth’s worries are unwarranted. “As long as the product doesn’t contain tobacco, he has nothing to worry about,” said Roger Chapman, the program manager of bylaw enforcement who is heading up the eight-person tobacco-enforcement team.

Chapman said bylaw officers were out in force serving smokers with warnings and visiting patio owners with no-smoking signs and information about the new law’s requirements yesterday.

By 11:30 a.m., officers had handed out 30 warnings to smokers.

GRAHAM LANKTREE/METRO

**Qutoable**

## “I can’t go toke in the park anymore”

**Russell Barth, marijuana activist**
On his concerns over Ottawa’s new anti-smoking bylaw.

1 NEWS

On the web

**Sensational progress**
The recipient of the U.S.’s first full-face transplant says he can feel his daughter’s kisses now, a year after the procedure. Dallas Wiens was blinded and severely burned after touching a high-voltage power line in 2008. Watch at metronews.ca

**Senseless violence**
A gunman left horrific scenes in the wake of his rampage on Monday at a Christian university in California. Watch at metronews.ca for more.

Mobile news

Coming for the Olympics with money to spend? Then there’s still time to ensure you can take tea at The Ritz, drink at the Savoy’s American bar or sleep in an Art Deco room at Claridge’s. Scan code for the story.

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Play-by-play: Conservative Senator Patrick Brazeau makes good on a bet to shear his locks after Liberal MP Justin Trudeau defeated him in this weekend's 'Thrilla on the Hilla.' JOE LOFARO/METRO

# Defeated Brazeau says bye-bye to long locks after bout

**Chopped.** Tory senator gets his hair cut after losing his charity boxing match bet to Justin Trudeau

JOE LOFARO
joe.lofaro@metronews.ca

Conservative Senator Patrick Brazeau kissed his long locks goodbye in the House of Commons foyer Monday after absorbing a TKO at the hands of Liberal MP Justin Trudeau in the Fight For the Cure charity boxing match Saturday.

Prior to the bout in front of a crowd of about 800 people at the Hampton Inn, Brazeau agreed that if he lost, he would have to wear a Liberal jersey for a week and cut his hair. Trudeau had agreed to similar terms involving being shorn and wearing a Conservative jersey in the event of a loss.

Brazeau lost about eight inches of hair off of his head.

When asked how it felt to wear the bright, red jersey Brazeau said, "It stings."

"A bet is a bet and I'm a man of my word. I said I would do it, and I lost, and here I am wearing this," said Brazeau in the barber's chair.

"I'm just proud it looks more like a Hockey Canada jersey than a Liberal jersey."

Trudeau was there to make sure Brazeau fulfilled the terms of the bet and talked about how he had a rough start to the match.

"I will absolutely admit it that there were a couple of moments where I thought, "Man, this was a really bad idea,'" said Trudeau.

A blow from his right fist was what helped him TKO Brazeau in the third round, he said. The champion said he was glad to help raise funds but he downplayed any future boxing matches.

The sold-out match helped raise $230,000 for the Ottawa Regional Cancer Foundation, organizers said.

"Obviously my ego is bruised like any boxer's would be, but, having said that, life goes on," said Brazeau.

"We were doing this for a good cause, first and foremost, and we achieved a lot more than we expected."

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# Michael Rafferty trial.
# Jurors view site where Tori's body was found

Jurors in the case of a man accused of first-degree murder in the death of Victoria Stafford were given a first-hand look Monday at the farmer's field where the eight-year-old was killed.

They were at the scene southeast of Mount Forest, Ont.

On Friday, the panel saw video and photos of where Tori's remains were found in July 2009, wrapped in a garbage bag and buried under a pile of rocks in a farmer's field.

Tori disappeared outside her Woodstock, Ont., elementary school on April 8, 2009, and she was allegedly killed the same day in the rural area more than 100 kilometres north of her hometown.

Michael Rafferty, 31, has pleaded not guilty to first-degree murder, sexual assault causing bodily harm and kidnapping.

Terri-Lynne McClintic, 21, is already serving a life sentence after pleading guilty to first-degree murder in Tori's death.

THE CANADIAN PRESS

Members of the media visit the crime scene. Markers had been placed to guide the jury's visit.

GEOFF ROBINS/THE CANADIAN PRESS

## Riding high as London Games loom

Memebers of the Canadian Olympic and Para-Olympic Swimming team that will represent Canada at the 2012 London Olympics ride through downtown on a double-decker bus Monday in Montreal.

RYAN REMIORZ/THE CANADIAN PRESS

Leaders summit

## Canada awaits invitation to join Pacific Rim group

Canada may have to give up its protectionist marketing boards if it wants to join a new free-trade group of Pacific Rim countries, U.S. President Barack Obama suggested Monday.

Prime Minister Stephen Harper got another expression of interest in a meeting with Obama in Washington, but hasn't yet received a formal invitation to join the Trans-Pacific Partnership. The President said Canada, like any other country, may have to put protectionist marketing boards on the table if it wants to join the trade group.

"Every country that's participating is going to have to make some modification," Obama said during a news conference at the end of the North American Leaders Summit.

THE CANADIAN PRESS

# Deadly shooting brings scenes of horror to Christian school

Oakland Police work after a school shooting at Oikos University in Oakland, Calif., Monday. A gunman opened fire at the university, killing seven people.

NOAH BERGER/THE ASSOCIATED PRESS

A gunman opened fire Monday at a small Christian university in California, killing at least seven people, wounding three more and setting off an intense, chaotic manhunt that ended with his capture at a nearby shopping centre, authorities said.

The gunfire erupted around midmorning at Oikos University. Heavily armed officers swarmed the school in a large industrial park near the Oakland airport and, for at least an hour, believed the gunman could still be inside.

Art Richards said he was driving by the university on his way to pick up a friend when he spotted a woman hiding in the bushes and pulled over. When he approached her, she said, "I'm shot" and showed him her arm.

"She had a piece of her arm hanging out," Richards said, noting that she was wounded near the elbow.

As police arrived, Richards said he heard 10 gunshots coming from inside the building. The female victim told him that she saw the gunman shoot one person point-blank in the chest and one in the head.

Television footage showed heavily armed officers swarming the building and also showed bloodied victims on stretchers being loaded into ambulances. Several bodies covered in sheets were laid out on a patch of grass at the school.

For at least an hour after the shooting began, police thought the shooter could still be on campus. Police believe the shooter acted alone, though they have not discussed a possible motive.

Officer Johnna Watson said the suspect is an Asian male in his 40s who was taken into custody at a shopping centre in the neighbouring city of Alameda.

Deborah Lee, who was in an English language class, said she heard five to six gunshots at first. "The teacher said, 'Run,' and we run," she said. "I was okay, because I know God protects me. I'm not afraid of him."

Angie Johnson told the San Francisco Chronicle that she saw a young woman leave the building with blood coming from her arm and crying: "I've been shot. I've been shot."

THE ASSOCIATED PRESS

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# ‘Iran loves Israel’ breaks taboos

**Online campaign.** Leader of Iranian movement risks life to send out message of peace and love

KIERON MONKS
Metro World News

Iran is one of the most dangerous countries in the world for activists, and colluding with its enemy Israel is a serious offence.

But with the threat of war looming, 34-year-old Majid from Tehran believes his “Iran loves Israel” campaign is more important than safety.

“The peace movement needs more support,” Majid told Metro.

The landscape architect and father of two was inspired to act by a message from Tel Aviv, where Ronny Edry established an “Israel loves Iran” Facebook page last month. It circulated rapidly and gained more than 50,000 fans — as well as inspiring a new wave of anti-war marches in Israeli cities.

“I thought Ronny’s action required reaction,” said Majid. “It was a message of peace and love and it was our choice to accept or deny.”

His reaction was to create “Iran loves Israel” fan pages and websites, which have gained more than 15,000 followers and goodwill messages from around the world.

More seriously, he has “broken the taboo” of contact with Israelis. Majid talks with activists from Ronny’s chapter and hopes to visit the Jewish state to step up a coordinated peace campaign. Both sides have fundraising efforts in place.

While the Israeli chapter has benefitted from democratic freedoms, it is not possible to generate the same momentum in a country with such oppressive security as Iran. State control of the Internet means that controversial pages are deleted and replaced with an “immoral website closed” label.

“There is a very strong secret police,” said Majid. He is disguised in his video broadcasts and never posts with his full name.

“Activism is practically impossible in Iran,” said Amnesty International Iran researcher Drewery Dike, pointing to campaigners who have been brutally tortured.

“This initiative is viewed as dangerous to social norms and it is inevitable it will be hacked,” he said. “But it represents a broader public debate, a demand for fresh connections, and people are sick and tired of being inhibited by threats.”

**On the web**

Scan the code or visit metronews.ca to watch the video.

Iranian landscape designer Majid, founder of the “Iran Loves Israel” campaign, appears in this screengrab from a YouTube video. YOUTUBE.COM

**Inspired to act**

**“I risk my life because I believe in duty. I have to do something for my country.”**

**Majid, 34,**
He started an “Iran Loves Israel” counterpart to the “Israel Loves Iran” online campaign

# Accused killer claimed innocence: Lawyer

Lawyer Zahia Mokhtari, seen in Algiers last Thursday, says she has evidence the man accused of killing seven people in attacks in France claimed his innocence to police. SIDALI DJARBOUB/THE ASSOCIATED PRESS

An Algerian lawyer said Monday that she has evidence the young man accused of killing seven people in attacks on French soldiers and a Jewish school claimed his innocence to police. Separately, France announced it was expelling several foreign Islamist extremists on its soil.

Mohamed Merah, 23, was killed after a more than 30-hour standoff with police at his apartment in Toulouse after being identified as the suspect behind the killing spree last month. Authorities have said that during negotiations Merah claimed to have links to al-Qaida and confessed to the killings.

But Zahia Mokhtari, a lawyer for Merah’s Algerian father, told BFM television on Monday that she had two identical videos of Merah that contradict the police narrative. “In these videos he says, ‘I am innocent. Why are you killing me? I didn’t do anything,’” she said.

Mokhtari would not detail how she got the videos, saying she would reveal more once she files a lawsuit in French courts against the elite police force, RAID, that killed Merah.

A police official with knowledge of the investigation cast doubt on the Algerian lawyer’s claims about the videos Monday, noting that Merah led police to evidence that proved he was the perpetrator.

THE ASSOCIATED PRESS

**Market Minute**

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**GOLD**
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**Natural gas:** $2.15 US (+2.6¢)
**Dow Jones:** 13,264.49 (+52.45)

**Data breach**

## Visa drops Global Payments from approved list

As many as 1.5 million credit cards in North America were compromised by a data breach last month at Global Payments Inc.

Visa has since dropped Global Payments from its list of approved third-party companies that process credit card payments between retailers and banks. THE ASSOCIATED PRESS

**Social networking**

## Now even the president is on Pinterest

U.S. President Barack Obama has joined Pinterest, the popular online message board, where users organize and share things they love. His account has a variety of postings about himself and his family, including the family's favourite chili recipe as well as his varied public appearances and activities. TORSTAR NEWS SERVICE

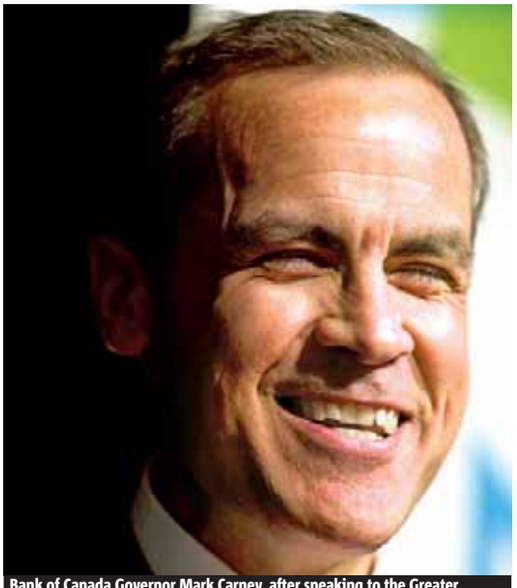
**Electric car**

## GM to suspend Chevrolet Volt production

General Motors will suspend production of the Chevrolet Volt for an extra week this summer as it tries to control the electric car's inventory.

But the company says sales picked up in March to a record of more than 2,000, and it may cancel the extra week if sales stay strong. THE ASSOCIATED PRESS

# Economy needs firms to look to emerging markets: Carney



Bank of Canada Governor Mark Carney, after speaking to the Greater Kitchener-Waterloo Chamber of Commerce in Waterloo, Ont., on Monday.
FRANK GUNN/THE CANADIAN PRESS

**Global trade.** Bank of Canada governor issues sternest warning to date about the country's lagging export record

**Business boost**

**"This was essentially a pep talk for business."**
Economist Michael Gregory, BMO Capital Markets

Canada's economy is underperforming because firms have failed to take advantage of turbo-speed growth in emerging markets, says Mark Carney, citing the worst post-slump trade performance in six decades.

In a speech prepared for a Kitchener-Waterloo business audience Monday, the Bank of Canada governor characterized the country's export record since 2000 as a dismal failure.

It is the worst post-recession record of any recovery since the Second World War, he said, adding that aside from the United Kingdom, it is currently the worst in the G20 club of major economic nations.

Carney wants Canadian businesses to turn their attention away from traditional markets like the U.S. and focus on booming economies in Asia.

"Exports have not regained their pre-crisis peak, and in fact remain below their level of a decade ago," he said.

Referring to Canada's current economy, Carney had relatively positive things to say.

With Europe's debt problems improving and as the U.S. recovery picks up steam, the headwinds that have held back Canada's economy are abating.

For the economy to expand in the future, it must ramp up on exports, and businesses must become more innovative and invest in machinery and equipment, he said. THE CANADIAN PRESS

## Labour. Machinists union heading to court

The International Association of Machinists and Aerospace Workers (IAMAW) said Monday the union will take the government to court over the measure known as Bill C-33 used to prevent some 8,300 IAMAW members from striking on March 12.

The challenge by the machinists follows a similar filing by the union representing the company's pilots, who filed a suit in Ontario Superior Court last month.

Both groups collectively represent the last 11,000 airline employees without updated collective agreements.

The pilots said the law that forces them to fly and accept a contract imposed by arbitration is contrary to Canada's Charter of Rights and Freedoms.

The machinists union said the move has now thrust it into an arbitration process it calls biased, removing its charter right to free association. THE CANADIAN PRESS

## Lawsuit. U.S. accuses RBC of sham trading

Royal Bank is defending itself against what it calls "absurd" allegations from U.S. regulators that it engaged in hundreds of millions of dollars in sham futures trades to reap tax benefits on its holdings of company stocks.

The Commodity Futures Trading Commission lawsuit filed Monday says Royal also concealed the true nature of the trades and made false statements to a futures trading exchange.

The activity, so-called "wash trading" is an illegal stock-trading practice in which an investor simultaneously buys and sells shares in a company through two different brokers, usually to avoid taxes.

Royal defended its position in a statement late Monday, saying that it consulted stock exchanges and the commission itself for guidance when the trades were made and there was no objection from either. THE CANADIAN PRESS

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# JUNK FOOD: A CURE FOR THE COMMON CRAVING

SHE SAYS...
Jessica Napier
metronews.ca/shesays

Last week I was terribly sick in the sore-throat, runny-nose, end-of-days kind of way that everyone experiences during this awful, not-quite-winter, not-quite-spring time of year.

According to common cold logic, being sick gives you licence to do things you wouldn't usually do. I spent my recovery period watching bad romantic comedies and eating junk food. Yes, instead of loading up on oranges and soothing chicken noodle soup I found myself shame-eating instant mac and cheese alone in bed. I'm not proud of it, people.

Ninety per cent of the time I worship at the altar of kale salads and cauliflower pizza crust, but when my immune system is down I turn to comfort food. While it makes me feel better in the very immediate short term, flu-related binging almost always results in a trans-fat-induced spiral of regret.

**Eat like our ancestors**

**One of the latest food fads, the Paleo Diet, has modern men and women mimicking the presumed dietary patterns of ancient cave-dwelling hominids.**

This is hardly surprising of course; junk food consumption does in fact have a direct impact on your mental health, according to a recent study published in the March 2012 edition of Really Obvious Facts — ahem, I mean, the journal of Public Health Nutrition. The research revealed that individuals who consume fast food on a regular basis are 51 per cent more likely to develop depression symptoms, compared to those who eat little or none. We can assume the appendix of the study was titled DUH!

But even though we know better (pink slime, anyone?) why do we give in to these unwholesome cravings? It seems that junk food is the culinary equivalent of a Real Housewives franchise: highly processed but surprisingly satisfying.

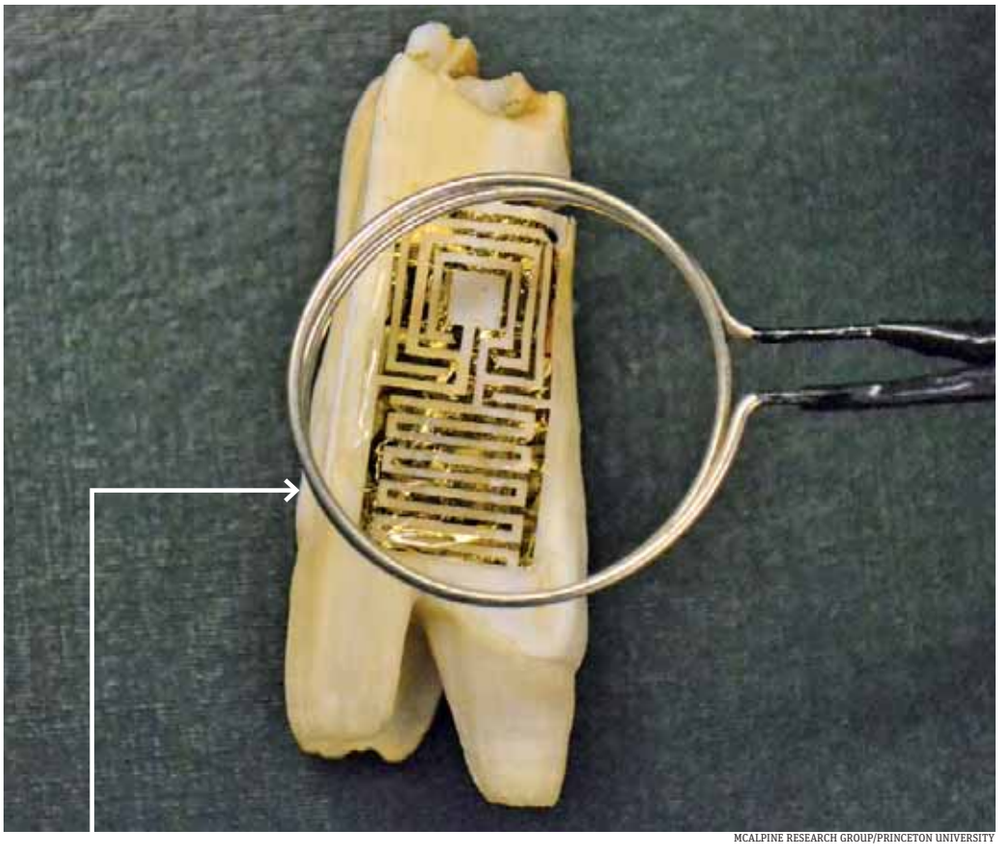
Sometimes the difficult part isn't knowing what not to eat, but what we actually should be eating. Every week there's a new cancer-causing food group to avoid. Beware the evils of gluten, renounce your love of dairy, forget the farmed salmon, cut back on raw vegetables … begin to live in fear of all edibles!

One of the latest food fads, the Paleo Diet, has modern men and women mimicking the presumed dietary patterns of ancient cave-dwelling hominids. Cave-person dieters are limited to Stone Age staples such as fish, root vegetables and nuts while eliminating hunter-gatherer foods such as dairy products, grains, legumes, sugar, salt and basically anything delicious. Personally I prefer to subscribe to the low-maintenance doctrine of "everything in moderation."

Some of the best food-related advice I ever received was this: when you're at the grocery store, shop around the perimeter. Here you'll find fresh fruits and vegetables, lean protein, whole grains — basically the entire rainbow of items featured on Canada's Food Guide. What you won't find: brownies, frozen pizza (in deep dish, pop or pocket form), and, yes, sadly, instant mac and cheese.

**With so much information circulating about what is healthy and what isn't, sometimes you have to go with your gut instinct.**
RAFFI ANDERIAN/TORSTAR NEWS SERVICE

# This tooth fights an ache



MCALPINE RESEARCH GROUP/PRINCETON UNIVERSITY

**Tonsil detection**

## Tooth tattoo detects illness

**PRINCETON, N.J.** We've all heard about having a sweet tooth, but scientists now claim that in a few years we could have a disease-detecting tooth working inside our mouths. Michael McAlpine and his team at Princeton have developed a "tooth tattoo" that can sense bacteria in people's breath.
**METRO**

**60 seconds**

Michael McAlpine

**Detecting cancer**

**How does this device work?**
It's made from graphene, a one-atom-thick layer of carbon that's an excellent conductor. After a student breathed on the tooth we used in the experiment, the molecules interacted with the graphene's sensors and gave an electronic, computer reading.

**Any potential benefits?**
It'll be able to detect H. pylori, a bacterium that causes stomach ulcers and cancer. Plus, it also heralds a new way of detecting diseases.

**When do you plan to put this device on the market?**
We think in five years' time.

**And you think people will put it on their front teeth?**
It can be made small to fit on back teeth but could double up as a trendy-looking "tooth tattoo." **ANTHONY JOHNSTON/METRO**

Metropolitan Panel

**Register at metropolitanpanel.ca and take the quick poll**

## Do you think the penny should be phased out?

**75%** YES. IT'S A NUISANCE

**25%** NO. IT'S AN ICONIC PIECE OF CANADIANA

**Twitter**

**@hilittle:**
I love the voice announcing O-Train stops. Calm and classy. We should have her on buses too. #octranspo #Ottawa

**@firequall:**
Really excited that @PRESTOcard is finally being rolled out in Ottawa. Can't wait to try it out this summer. #OCDoinItRightForOnce

**@Nugajee:**
Smoking ban in effect for Patios now. #Ottcity #Ottawa #Ottnews FINALLY. Hate eating on patios when someone is smoking right near me. gross

**@r2p2:**
I'll be smoking cigarettes in Ottawa parks today.

**@mary_vincent:**
Hooray! No more arsenic, ammonia or cadmium with my latte - #ottawa ban on smoking on patios in effect today! @ottawahealth

metro

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# It's time to play catch-up

Like any high school reunion, getting the American Pie cast back together for American Reunion leads to the obvious questions about what they've all been up to. Here's an update:

**NED EHRBAR**
Metro World News in Hollywood

## Jason Biggs (Jim)

After films like Saving Silverman and Loser, Biggs has been focusing on TV. He is currently voicing Leonardo on Nickelodeon's new Teenage Mutant Ninja Turtles series.

## Alyson Hannigan (Michelle)

She's come a long way since 'this one time at band camp.' The biggest success of the bunch, Hannigan has been starring on How I Met Your Mother since 2005.

## Seann William Scott (Stifler)

After a string of strong comedy films like Dude, Where's My Car?, the Rundown and Role Models, he completed a stint in rehab prior to filming American Reunion.

## Thomas Ian Nicholas (Kevin)

A child star before American Pie, Nicholas has shifted his focus to music — and even has a song on the American Reunion soundtrack.

## Chris Klein (Oz)

After a pair of DUI-related arrests and a stint in rehab, Klein is mounting a comeback, starting with a recurring role on the FX series Willard.

## Eddie Kaye Thomas (Finch)

Thomas has worked steadily on screen and stage in smaller projects, with recurring roles in the Harold and Kumar franchise and the American Dad animated series.

## Tara Reid (Vicky)

After a rocky decade filled with critical career bombs, reality TV meltdowns and problematic plastic surgery, Reid appeared on Celebrity Big Brother UK last year.

## Mena Suvari (Heather)

Suvari made waves with American Pie and American Beauty in the same year. Recently she has popped up on American Horror Story.

## Natasha Lyonne (Jessica)

Went through numerous drug-related hospitalizations, arrests and rehab stints, now getting back to work with American Reunion and Abel Ferrara's 4:44 Last Day on Earth.

## John Cho (John, party guy)

Cho launched a catchphrase and a successful career off one key scene in American Pie, and went on to star in franchises like Harold & Kumar and Star Trek.

2

SCENE

**Scene in brief**

## *Sheen gets pranked*

How about a sequel to The Artist starring Charlie Sheen? The actor says he wouldn't hesitate for one minute if the project was proposed to him. At least, that's what he told a Montreal radio personality who was pretending to be the film's award-winning actor Jean Dujardin. The notorious comedy duo known as the Masked Avengers called up Sheen two weeks after the Oscars and asked him if he would like to be in a sequel. The actor congratulated "Dujardin" on his Oscar win and said he'd love to work with him. The Montreal pranksters have engaged in stunts involving Bill Gates, Britney Spears, Paul McCartney and, perhaps most famously, Sarah Palin during the 2008 U.S. election.

THE CANADIAN PRESS

**On the web**

Trailer from Sparkle, the late Whitney Houston's upcoming film, debuts on Today show

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# I award you no points: Sandler sweeps the Razzies

Adam Sandler ALL PHOTOS GETTY IMAGES

Adam Sandler has a new record, but it's probably not one he wants to brag about. The actor's gender-bender comedy Jack and Jill — in which he played male and female twins — earned 10 of the 12 Razzies for which it was nominated over the weekend.

The Razzies — or Golden Raspberries — celebrate the worst in film each year.

"It's not really a clean sweep," Razzies founder John Wilson tells People magazine. "So it will go into the record books with an asterisk."

The previous record-holder for most wins was Lindsay Lohan's 2006 film I Know Who Killed Me.

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

**The Word**

## *More children, less money, way more problems*

THE WORD
Dorothy Robinson
scene@metronews.ca

Nadya Suleman

Well, after years of squawking about how the Octomom is going to be a welfare mother, it looks like all of our tsk-tsking is going to come true. Nadya Suleman, mom to 14, is now on welfare — and is receiving death threats because of it.

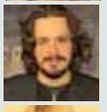
She tells TMZ.com, the $2,000 a month she gets from the State of California in food stamps is to avoid "becoming totally destitute."

According to TMZ, since the welfare news broke, she's been receiving death threats but she feels people should be directing their anger toward those "who are abusing the system and not at her."

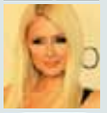
What about stupid people who abuse fertility drugs to have way more children they — and society — can't possibly support in a misguided attempt at fame?

Where do we direct that anger toward?

**Twitter**

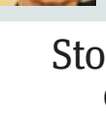


**@ElizabethBanks**
Autocorrect just changed Thurs to Thugs three times. I forgot Thugs was a word. Probably because it's not 1956.



**@edgarwright**
A simple internet rule is this: don't get your news from film sites that either don't watch films or seem to hate them all equally.

**@ParisHilton**
In bed trying to figure out which movie to watch. Deciding between The Tree of Life, Horrible Bosses, The Grey & Tangled. Thoughts?



**@AlbertBrooks**
Have a pretty funny joke about Lincoln but I think it's too soon.

# Stork brings Bruce Willis one more baby girl

Bruce Willis

Bruce Willis and Emma Heming welcomed a baby girl, Mabel Ray, over the weekend, according to Entertainment Tonight. The new parents are "overjoyed" about the arrival, according to their reps.

Mabel weighed in at nine pounds, one ounce. This is the first child for the couple, who tied the knot in 2009. Willis has three daughters with ex-wife Demi Moore.

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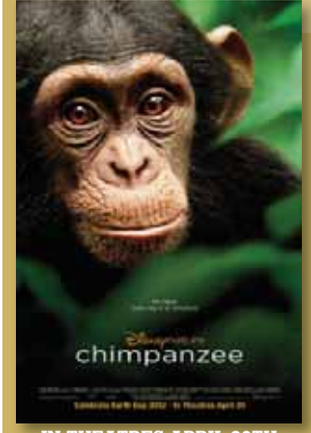
Ashton Kutcher

# Ashton Kutcher as Jobs? How do you like them Apples?

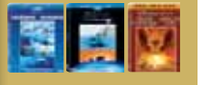
Two and a Half Men star Ashton Kutcher knows how he's spending his summer vacation: playing tech guru Steve Jobs in a film about the life of the late Apple mogul, according to Variety.

The film, to be directed by Joshua Michael Stern, will follow Jobs' rise to power. Of course, there's some competition, as Sony Pictures is developing a rival Jobs biopic, though there's no word on who will play the computer pioneer in that film.

YOU COULD WIN A DOUBLE PASS TO AN ADVANCED SCREENING OF
CHIMPANZEE




PLUS you could WIN a GRAND PRIZE of a private screening of CHIMPANZEE and a DISNEYNATURE blu-ray library.



IN THEATRES APRIL 20TH

DISNEYNATURE will donate portion of first week box office for CHIMPANZEE to the Jane Goodall Institute Canada through "SEE 'CHIMPANZEE,' SAVE CHIMPANZEES" program.

the Jane Goodall Institute of Canada

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Available in Android Market
Available on the App Store

## TUNE INTO MUSIC

"The Digital Music Production certificate program brings together a variety of music production courses into a tremendous learning experience," says Rick Lazzara, co-ordinator, Digital Music Production. "The program provides hands-on experience with recording hardware and music production software. Beginners with no experience start creating professional sounding music in a short period of time."

Rick Lazzara

## THE RIGHT TOOLS

"The Social Media certificate program focuses on how to build comprehensive social media strategies based on well-developed goals, then match the correct tools and techniques to their business needs," says Susan Murphy, co-ordinator, Social Media program. "Courses are taught by experienced industry professionals in digital marketing, social media, and communications fields."

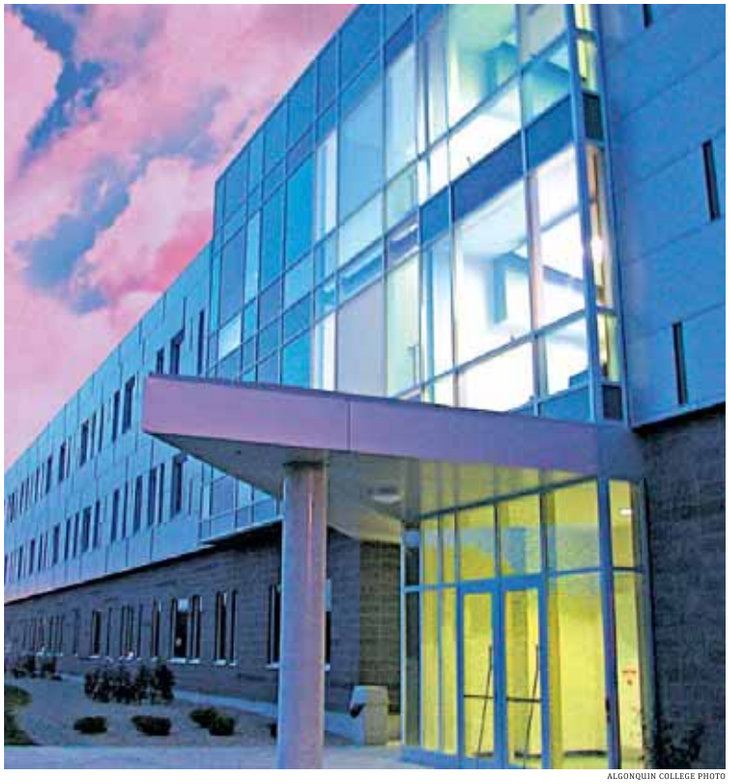
## HIGHER GOALS

"The Bookkeeping program allows you to see what accounting is all about while earning a certificate that is recognized by employers," says Lee Ann McDougall, co-ordinator, Accounting programs. "You can transfer these courses to our next-level Accounting certificate and then, to a diploma. Achieve recognized certifications while you work toward higher goals."

Lee Ann McDougall

## POINT OF ACCESS

Algonquin College's Student ePortal is a single point of access for all registered full-time and part-time online learning students, as well as online facilitators. In the last year alone, the ePortal has received more than 500,000 visits, originating from 1,204 cities in 94 countries.


ALGONQUIN COLLEGE PHOTO

# CONVENIENCE

## ALGONQUIN MEETS YOUR EDUCATION NEEDS

Algonquin College offers you the education you need, where and when you need it.

It doesn't matter how busy your schedule is, or how far you live from campus. Through Algonquin's Centre for Continuing and Online Learning, you can choose programs and methods of delivery that fit your schedule, interests, and learning style.

"I am a graduate of Building Technology with over 12 years of experience in the construction industry before migrating to Calgary from Nigeria two years ago," says Femi Ogunfowora in the Construction Project Management program.

"Having worked in the construction industry in Nigeria, I wanted to further my passion in project management in Canada. This led me to become a full-time online student of CPM at Algonquin College. The online delivery is so convenient. I would recommend this program and college to anyone who desires quality education within a short time."

Femi Ogunfowora

Allison Grange

Sean Cooke

Allison Grange, a school communications specialist for the Upper Canada District School Board, is studying Social Media.

"The part-time, online option allowed me to learn at my own pace, around my own schedule," she says. "I like that although it's challenging, it's fun. The assignments have been interesting and relevant. It's a great program for people of all social media experience levels — beginner to advanced."

A songwriter and guitarist for the band Plaster Babies, Sean Cooke is taking Digital Music Production at Algonquin.

"I'm a 26-year-old songwriter and multi-instrumentalist aspiring to be a record producer," Cooke says.

"What I've thoroughly enjoyed about part-time studies is the easygoing atmosphere and flexibility. It has made it easy for me to balance a band, social life, and work schedule, while being well immersed in my studies."

# ENHANCED LEARNING OPTIONS

Face-to-face interaction and fixed class times make a difference to some students. If this is the way you like to learn, and you are close enough to Algonquin College to visit regularly, on-campus classes may suit you best.

Taking these classes part time gives you the flexibility to study while still holding down a job, taking care of your family, or tending to other obligations.

This was the choice made by Tom Benak, a student in the Project Management certificate program. He is also an engineer at the National Research Council in Ottawa. For him, the part-time option is convenient for his schedule and the most valuable for his career.

Tom Benak

"The courses here enhance the learning I received in my work environment — they're very applicable to what I do. Taking classes on-campus is a great opportunity to learn from other students in the class, then take those experiences into my workplace."

The Centre for Continuing and Online Learning offers courses part time, on-campus, in a wide range of disciplines. Here are a few of the highlights:

The Digital Music Production certificate focuses on aspects of recording, producing, and managing music and artists. It offers hands-on experience using recording equipment, computers, and various composition and editing software.

The Photography Techniques certificate helps you combine your natural creativity with the technical skills of a professional photographer. You will master photo-editing techniques using Algonquin's fully equipped photographic studio.

The Cabinetmaking Techniques certificate provides the basic skills required to create cabinets and furniture. Taking advantage of on-campus classroom space, you will be able to use standard woodworking machinery and hand tools as well.

Finally, the AutoCAD certificate builds on your drawing and mechanical architectural drafting experience by preparing you to work as an AutoCAD operator. Multiple-course start dates allow you to complete this certificate in 15 weeks.

# TURN YOUR SUMMER D

## The Centre for Cont

### FLEXIBILITY

- Full-time Online Programs
  *(Full-time, fully online)*
- Full-time Online Programs – Blended
  *(Year 1 is online, the remainder of the program is on campus)*
- Part-time Online Programs
- Part-time On Campus Programs
- Accelerated Programs

### CHOICE

- Part-time: Register course by course
- Full-time: Apply for the program
- Accelerated: Complete your certification fast
- Fields of Study: Choose from dozens of programs in:
  - Media and Design
  - Business
  - Community Studies
  - Health
  - Hospitality
  - Information Technology
  - Police and Public Safety

### COLLEGE CREDENTIALS

- Certificates
- Diplomas
- Advanced Diplomas
- Graduate Certificates
- Course credits applied to Industry Designations

## GOAlgonquin.com/flexibility

# OWNTIME INTO UPTIME

# inuing and Online Learning

## Make this your most productive summer yet.

Flexible learning options help you make the most of your spare time – whether you have a little or a lot.

### FULL-TIME ONLINE

**Diplomas**
Business – Accounting
Business – Marketing (Year 1)*
Business Administration – Accounting
Business Administration – Human Resources
Child and Youth Worker (Year 1)* ***Starts fall 2012***
Community and Justice Services (Year 1)* ***Starts fall 2012***
Early Childhood Education
Fitness and Health Promotion (Year 1)* ***Starts fall 2012***
Police Foundations (Year 1)*

**Graduate Certificates**
Autism and Behavioural Science
Construction Project Management
Forensic Accounting and Fraud Investigations ***NEW***
Performance Coaching
Technical Writer

**Certificates**
Office Administration – General ***Starts fall 2012***
General Arts and Science – Pre-Business ***Starts fall 2012***

**Only Year 1 is online. The remainder of the program is on campus.*

**Hurry! Apply now to start your full-time program this spring or fall.**

### PART-TIME ONLINE

Studying part-time online affords you the freedom to enjoy those hot summer days. Take advantage of the summer weather and find your perfect study spot.

### PART-TIME ON CAMPUS

Learning on campus is about real, hands-on experience combined with face-to-face instruction, often in specialized labs.

*Register on a course by course basis with part-time programs and enjoy the flexibility of choosing as many courses you want to take on.*

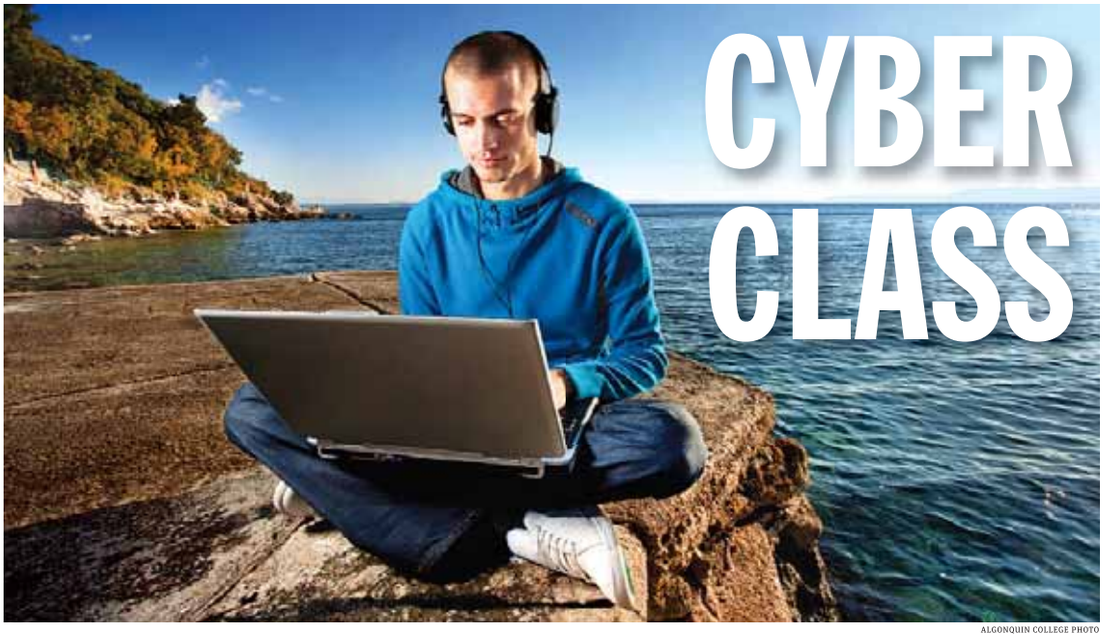
### ACCELERATED PROGRAMS

Complete your college certificate in less than two months! Two highly popular programs are now offered in an intense and condensed format:

- Project Management (starts May 14)
- Social Media (starts April 30)

ALGONQUIN COLLEGE

# CYBER CLASS



ALGONQUIN COLLEGE PHOTO

## YOU DON'T HAVE BE TIED DOWN TO A CLASSROOM AT ALGONQUIN

If commuting to campus is not an option for you, but you are nevertheless highly self-motivated and ready to commit to full-time studies, consider becoming a full-time online student this summer.

Living in another city or going away for the summer won't be a problem — online facilitators are still available to guide you in your studies and answer any questions you may have. Algonquin College's Centre for Continuing and Online Learning offers online programs and courses not only to students living in Ottawa, but to students from across Canada and across the globe.

Here are a few of the programs you can choose from.

The Autism and Behavioural Science graduate certificate program allows you to gain a firm grounding in the principles and practices of applied behaviour analysis (ABA); specifically, its application of intensive behavioural intervention (IBI) in dealing with children with autism spectrum disorders (ASD).

The Construction Project Management graduate certificate program provides the skills needed to effectively manage construction projects in a wide variety of settings. Regular use of case studies will prepare you to deal with various situations that may emerge on construction sites. Each course is accredited by the Canadian Construction Association's Gold Seal Certification program.

ALGONQUIN COLLEGE PHOTO

The Forensic Accounting and Fraud Investigations graduate certificate program gives you the professional skills and practical techniques you need to detect and prevent business fraud. Learn about asset tracing, money laundering, criminal investigations, expert witness testimonies, and presentation of evidence.

The Performance Coaching graduate certificate program is designed for professionals with workplace responsibilities that include coaching or mentoring; people who would like to pursue a career as a performance coach; and organizations wanting to improve performance and productivity amongst employees. The program helps you understand the psychological skills associated with high-level performance, as well as the techniques and interventions used in the coaching field.

# ACCELERATE YOUR FUTURE CAREER OPTIONS

Through a combination of on-campus and online coursework in a condensed delivery format, you can earn a certificate in as little as five or six weeks.

This summer, Algonquin College's Centre for Continuing and Online Learning is offering two of its certificate programs in this accelerated delivery format:

The Social Media certificate program focuses on how to successfully build an online presence while measuring and monitoring the impact of your online campaigns. Using case studies, you will explore social media as a tool for marketing, corporate branding, and fundraising.

This program begins April 30 and ends June 1.

The accelerated Project Management certificate program is a stepping stone for students working towards a Project Management Professional (PMP) certification. Skilled PMP-designated instructors and online facilitators will provide you with the tools and strategies for managing successful projects.

This program is designed for working professionals with project management experience. If you already have your PMI designation, each Algonquin College Project Management course credit is worth 48 PDUs towards maintaining your designation.

The program begins May 14 and ends June 25.

# ANYTIME, ANYWHERE

Geography is no barrier to a great education — at least not anymore. This summer, try balancing your days in the sun with part-time, online courses at Algonquin College. Take a couple of courses, or take more and work toward a certificate, diploma, or graduate certificate. Study anywhere, at almost any time.

Celia Armitage, a mature student and mother of four, is taking the Bookkeeping program part time, online. The program is the first in a series of programs that build upon one another to help students completing a diploma in accounting.

Celia Armitage

"If I am having trouble, I just send an email," Armitage explains. "Within a few hours, I'll have a detailed response. The online facilitators are patient, knowledgeable, and always willing to help."

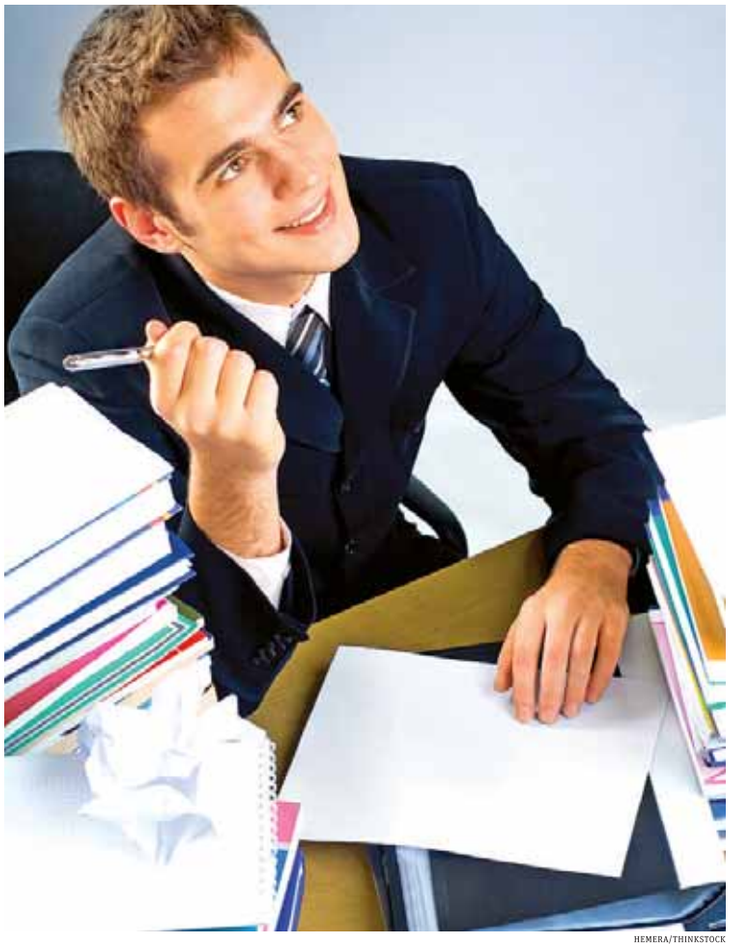
Chantal Houde is another student who found online courses ideal. "I've been eager to continue my studies since graduating from university a few years ago, but I could never find the time — until I discovered Algonquin's Sustainability Education program," she says.

Chantal Houde

"The structure of the program is great: I have to complete five courses within three years, which provides lots of flexibility. It allows me to study when I have bits of time but I still feel engaged with the material and have had some great online discussions with other online students. I would certainly recommend Algonquin's program to anyone!"

The Centre for Continuing and Online Learning offers many other part-time, online courses and programs. They include:

The Human Resources Management program, which teaches essential human resource skills applicable to almost any business environment; and the Emergency Management graduate certificate program, which focuses on the skills needed to understand and effectively respond to the four main areas of emergency management: Mitigation/prevention, preparedness, response, and recovery.



HEMERA/THINKSTOCK

# COUNT ON CGA

## ONLINE PROGRAM GIVES YOU FLEXIBILITY

There are umpteen reasons why accountants choose to get their certified general accountants designation. Beyond simply dealing with numbers, CGAs have a strong foundation of accounting and financial knowledge that they are able to apply to see opportunities and provide solutions for businesses and individuals.

In essence, CGAs have the training to see more than just numbers. They are highly skilled professionals possessing the know-how to provide financial management and business expertise in every sector of the economy.

In order to become certified, accountants must complete the CGA program. Considered Canada's finest and most demanding financial management curriculum, the program is completely online, allowing students to continue working while studying for their certification.

"Students have 24-hour access to (the) learning environment — they can study wherever they have access to a computer and Internet," explains John-Derek Clarke, senior vice-president of operations for CGA Ontario, the provincial affiliate of CGA Canada. "This means that class work can be scheduled around personal and professional work."

According to Clarke, students also have more control of their learning process, meaning they can learn more at their own pace. "They have the freedom to skim topics they know well and instead spend more time concentrating on material they are having a hard time grasping."

A self-governing body, CGA Ontario controls the professional standards, conduct and discipline of its 20,000 certified general accountants and 8,000 students in Ontario. The CGA of Ontario Association grants the exclusive rights to the CGA designation.

Not only is the designation recognized all over the world, but CGA's program of professional studies gives students the ability to combine accounting principles with critical thinking.

*– Heather Buchan*

TOMORROW IS ALWAYS THE BUSIEST DAY OF THE WEEK.

Another reason to enrol in the CGA program now.

Don't wait another minute to pursue a career that lets you **DO MORE** as a Certified General Accountant.

CGA CERTIFIED GENERAL ACCOUNTANTS

We see more than numbers.

Get the details at **CGA-DoMore.org/Enrol**

3 LIFE

Living well

## Surviving without food or water?

**Humans can survive 30 to 40 days without food, providing they are properly hydrated. On the other hand, surviving that long without water is virtually impossible. Besides oxygen, it's the most important nutrient for the body. Expect to last between two to 10 days without it.**

On the Web

Foul smelling urine in young kids may be sign of urinary infection: study

# Learning archery goes a long way for one hungry actress

**Olympic archer Khatuna Lorig trained Hunger Games star Jennifer Lawrence.**
She tells Metro how she transformed the actress into an archer

ROMINA MCGUINNESS
wellness@metronews.ca

Jennifer Lawrence had to train for months to become a decent archer for The Hunger Games movie. HANDOUT

Shooting a bow and arrow isn't as easy as it looks in The Hunger Games. Without steady poise, physical strength and mental focus, it's unlikely you'll hit a target, much less a genetically mutated beastie. Just ask star Jennifer Lawrence, who had to practice so much, she ended up carrying the equipment around in her car.

In order to look and shoot like a professional archer, Lawrence trained with Khatuna Lorig one hour a day, for 15 days. Lorig's first tip: An archer needs to be standing correctly. Holding a bow with a bad posture could cause unnecessary injuries.

"If you're standing correctly you will have less pain and more pleasure," says Lorig.

This is how it's done.

**The Alignment Drill**
How does the body need to be aligned as you shoot?

"First, make sure your shoulders are lined up. From here, hold your bow in your hand and stand perpendicular to your target. Get into position by making a 'T' shape with your arms; open them up bending one arm to your face, touching your chin and using the other arm, your 'bow arm' to aim at the target," explains Lorig.

**The advantage of being long and lean**
Lawrence has the perfect body for archery. She's tall (around 5-8) with long arms and a long neck.

"Long limbs are perfect for archery as it's easier to get into the alignment drill," adds Lorig. Once Lawrence could handle the bow with ease, Lorig wanted her technique to look natural. Moving on from the static alignment drill, she got her to shoot from longer distances and from a crouching position, with one knee down on the ground — a move she would be required to master on set.

**Arm strength**
Although Lorig admits her only exercise is archery, she doesn't dismiss the benefit of arm strength when it comes to improving technique.

"Arm strength is very important for an archer. Jennifer trained with a 15-pound wooden bow — and the one she uses in the movie was probably lighter than that — but professional archers can hold up 45- to 50-pound bows," explains Lorig.

Adding press ups or light weight lifting to your exercise routine will help build arm strength, allowing you to keep a tighter grip on your bow, which in turn will precise your aiming skills.

**Mental focus is crucial when you are aiming**
"The moment you throw the bow back, you need to block everything else out. Isolate all the noises around you and try and stay focused on your technique, keeping your mind as sharp as you can," explains Lorig.

**How can you get the perfect aim?**
According to Lorig, there's no trick to having the perfect aim.

"The trick is training all day, every day and shooting about 400 to 500 arrows each time. Without practice, there's no way you'll make the perfect shot."

**On a scale of one to 10, how does Lorig rate Lawrence's archery skills?**
"I would give her a seven or eight out of 10. Her performance in the movie was very good considering I didn't train her on set."

Quote

**"The moment you throw the bow back, you need to block everything else out. Isolate all the noises around you and try and stay focused on your technique."**
Olympic Archer Khatuna Lorig

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# Cast a pizza wish & be enchanted by soups at Tennessy Willems

LUNCH RUSH
Shari Goodman
life@metronews.ca

The mouth of the wood oven built for pizzas in the kitchen of Tennessy Willems waits for you to cast your pizza wish.

The bare wood tables, minimal pieces of art and a window onto Wellington in Hintonburg give it a warm and cosy feel.

It decor is appropriate for a place that serves not much more than about 20 people at one time.

On the sandwich board outside, I was promised a white bean purée soup, but it turned out to be the thyme cream that wooed me instead. And it was charming.

The fresh leaves of thyme peeking through the rich cream sitting on top of the smooth white bean purée made for a rich but satisfying soup.

As for the pizza, I ordered the traditional Italian Margherita version.

It was a generous size that had outgrown its large plate.

The crust was thin and meekly hosted the tomato sauce, mozzarella and basil. My only longing: more leaves of basil per bite.

For traditional blistered, thin-crust pizza, Tennessy Willems is a worth a visit.

**Visiting the restaurant**

**Tennessy Willems**

**Address.** 1082 Wellington W.

**Phone.** 613-722-0000

**Rating.** 4/5

**Price range.** $$

**Reservations.** Yes

**Client negotiations.** Yes

**Lunch with co-workers.** Yes

**Social lunch.** Yes

**Quick solo lunch.** Yes

**Time in.** 12:10 p.m.

**Time out.** 12:45 p.m.

## Barbecue Chicken Sandwich. Leftover dinner makes tasty lunch

**Ingredients**

- 2 cups (500 mL) sliced left over cooked chicken
- 1/4 cup (50 mL) barbecue sauce
- 4 slices white bread
- 1 tbsp (15 mL) low-fat mayonnaise
- 2 tsp (10 mL) cider vinegar
- 1/2 tsp (2 mL) granulated sugar
- 1/4 tsp (1 mL) salt, pepper
- 1 cup (250 mL) bagged coleslaw mix

**1.** In a bowl, combine chicken with barbecue sauce and divide between 2 slices of bread.

**2.** In another bowl, whisk together mayonnaise, vinegar, sugar, salt and pepper. Toss with coleslaw.

**3.** Put the coleslaw on top of the chicken. Top with remaining bread slices to make sandwiches. Slice and serve immediately. **NEWS CANADA/ DEMPSTER'S/ ADAPTED BY EMILY RICHARDS (VISIT EMILYRICHARDSCOOK.CA)**

# Examining The Mama's Boy Myth

**Reading.** Mother-son relationships get an in-depth look in new book

MEREDITH ENGEL
Metro New York

Moms who are close to their boys teach them how to put their words into feelings, according to author Kate Stone Lombardi. ISTOCK

With so much attention given to the special bonds between mothers and daughters, fathers and daughters, and fathers and sons, where does that leave mothers and sons? Kate Stone Lombardi, author of The Mama's Boy Myth: Why Keeping Our Sons Close Makes Them Stronger, sought to find out.

"It's almost been like the elephant in the room," she says. "For some reason no one has looked at the mother-son subject. The world has changed so dramatically and yet we're still sort of stuck in this time bubble when it comes to moms and sons, this idea that them being close is somehow dangerous or wrong. We are long overdue to take a look at this relationship."

The author says that society has been quick to reject the idea of a close bond between mother and son because the son can be perceived as weak and the mother overbearing. And while she's not asking moms to raise boys who require a maternal nudge at every turn, she does hope to inspire them to take a more active role in their sons' lives. We wanted to learn more.

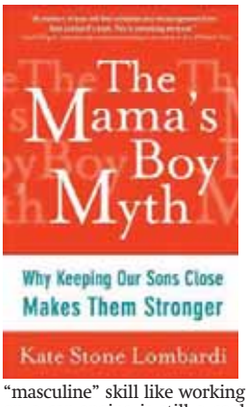
**How did the idea of the mama's boy start?**

I think it goes back to the Oedipus complex. The Oedipus complex is a theory that Freud wrote in 1899 — basically, it's the unconscious desire for a little boy to sleep with his mom. Freud was really writing about the unconscious, and I think we misinterpreted what he was saying.

We turned it into the idea that normal, healthy mother-son affection and closeness is somehow wrong and dangerous. And that is just not true — being close to his mother benefits a boy, both when he is young and throughout his life.

**Why are daddies' girls more revered in our society than mama's boys?**

I think there's really a double standard. I think dads have a lot more freedom when it comes to their daughters. A dad (who) coaches his girl in lacrosse or even teaches her a "masculine" skill like working on a car engine is still a cool dad.




For some reason it's not at all the same with moms. If a mom tries to influence her son, people start worrying that she's gonna feminize her boy. But no one worries that the dad is gonna turn his little girl into a boy by teaching her sports. One professor at Bates College studied parents of preschoolers. The parents were totally fine if the little girls (wore) sports jerseys and played with trucks and blocks, but the same did not extend for little boys. They were OK if little boys played in the kitchen a bit, but that's it. There is a double standard.

**How does society benefit from a boy who's close to his mom?**

Moms who are close to their boys really teach them emotional intelligence. They teach them how to put their words into feelings. That is gonna serve a boy all through his life. One study showed (that with) guys who had a stronger connection to their moms, their wives and partners rated them as much better communicators.

Men who really like and respect their mothers like and respect other women.

Research has shown that boys who are forced to separate prematurely from their moms — I'm talking about little guys whose moms stop cuddling them because they think they need to toughen up — go on to have a hard time with women. And the reason is they've learned that the first woman that they've ever loved has pushed them away.

Guys who have good, secure attachments with their moms go on to have good relationships.

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Pass 'go' and collect your tax savings. ISTOCK

# Don't give the tax man a penny too much

**Last-minute filing.** No one likes paying taxes, but you can take steps to avoid overpaying

YOUR MONEY
Alison Griffiths
money@metronews.ca

There's a very good reason why death and taxes often occupy the same sentence. Neither is appealing to contemplate. While death can sometimes be delayed there's no avoiding the latter at this time of year.

As sure as April follows March every year, there is a stampede to file returns once Easter and Passover indulgences have been digested.

**Alison's money rule**

**"Pay yourself first by double-checking all your tax deductions and credits."**

Your friend in these last-minute situations is, in my opinion, the best tax book available for consumers: Essential Tax Facts: Simple tips for preparing your taxes so you can build wealth (2012 edition), by Evelyn Jacks, tax expert and founder of the Knowledge Bureau in Winnipeg.

Jacks points out that taxpayers leave thousands, sometimes hundreds of thousands of dollars, on the table over their lifetimes by paying too much tax.

It's tough these days to increase your income. But being vigilant about every penny sent to Ottawa and your provincial government is something everyone can do.

Here are some of the changes Jacks highlights for 2011.

**1. Children's Arts Tax Credit**
Similar to the Fitness Tax Credit, parents can claim (or share the claim) for up to $500 if the child is enrolled in a broad range of artistic, environmental or cultural activities.

**2. Tuition Tax Credit – Examination fee** This is claimable for examinations and pre-requisite study materials purchased in order to achieve a recognizable licence or professional status.

**3. Study abroad**
The study period has been reduced to three weeks from 13 for students in full-time programs at Canadian universities and colleges.

So if you are off to Italy to study Michelangelo's David for three weeks as part of your degree, you can claim the tuition and education amount and withdraw Education Assistance Payments from an RESP.

**Spend time with your taxes**

**Just how careful are you?**

- **It pays to be careful.** On the TV show Million Dollar Neighbourhood, a review by H&R Block found that nearly a third of tax filers made at least one error on their return.

**4. Sharing an RESP with a sibling** Transferring from one RESP to another will not trigger repayment of the government Canada Education Savings Grant as long as the sibling receiving the funds is under 21.

**5. Money from babes**
The Canada Child Tax Benefit, Universal Child Care Benefit and GST credit can now be split 50/50 between parents (for payments received after June 2011), assuming they live with the child.

One of Jacks' top tax tips is a recommendation that couples (married or common-law) file taxes jointly to maximize credits and deductions including medical expenses and amounts for public transit, children's fitness and arts and the new home buyer's credit.

ALISON GRIFFITHS IS THE AUTHOR OF COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR AT GRIFFITHS.ALISON@GMAIL.COM

**Save money**

# *Top five tax savings tips*

FUN AND FRUGAL
Leslie Scorgie
money@metronews.ca
@Lesleyscorgie on Twitter

Have you been 'tipping' the tax man every year? ISTOCK

Forget tax evasion; that's illegal. There are legitimate ways to cut your tax bill.

**Registered retirement savings plan**
The RRSP is the most popular tool to reduce taxes for Canadians.

Individuals can contribute up to 18 per cent of their income through RRSP contributions, to a maximum of around $23,000 per year (indexed). RRSP contributions are fully tax deductible and they grow tax-deferred until withdrawal.

The more you contribute to your RRSP, the greater tax deduction you receive. If you don't use up your available contribution room, it carries forward into future years.

**Tax-free savings account**
A TFSA allows you to grow your money tax-free. So, when you withdraw the funds, which you can do without penalty at any time, you don't pay tax on capital gains, dividends, trust distributions, or interest earned.

On the flip side of this, capital losses within the plan are not tax deductible and dividends aren't eligible for the dividend tax credit. You can contribute up to $5,000 annually (indexed). Unused TFSA contribution room can be carried forward.

**Non-registered investment plan**
Investing outside the RRSP or TFSA, in a non-registered investment plan, is less popular; though you can still reduce taxes through the dividend tax credit and a favourable capital gains tax rate.

Dividends are paid to investors who hold certain stocks. Capital gains (and losses) are incurred when an investment is sold.

**Charitable donations**
Charitable giving is another effective tool to reduce taxes and support your community.

When you give money to a registered charity, you receive a tax receipt that goes toward a tax credit when you file your return. This will decrease the taxes you pay.

**Tax credits**
There are many other tax credits available for Canadians including those for child care, transit, extended medical/health expenses, education and so on.

Check the Canada Revenue Agency website cra-arc.gc.ca (select information for individuals) to see which personal tax credits apply to you, rates and a list of registered charities.

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# 4 SPORTS

**Senators preview**

***Carolina at Ottawa 7:30 p.m. (Sportsnet East)***

**The Senators (41-28-10) host Carolina (31-32-16), which was shut out 5-0 by New Jersey on Saturday. Eric Staal leads the Hurricanes with 24 goals, but is on pace for his lowest-scoring season since the lockout. Jussi Jokinen had three goals and nine assists in March, his most productive month this season. Jeff Skinner hasn't scored in six games since reaching 20 goals on March 15.**
THE CANADIAN PRESS

**On the web**

**Is the NFL about to go to the Ducks? Nike is set to unveil its new NFL uniforms Tuesday, with some speculating the company will take design cues from the NCAA's Oregon Ducks. Nike has designed five different helmets, seven jerseys and six pants for Oregon that have become known for their flamboyant colour combinations. Scan the code for the story.**

Toronto's new closer, Sergio Santos, pitches earlier in spring training in Dunedin, Fla. FRANK GUNN/THE CANADIAN PRESS FILE

# Jays bullpen putting aside 'issues' of past

**MLB.** Right-hander Frasor says rebuilt relief corps is filled with 'better people' than crew who struggled a year ago

**Quoted**

**"When things are going good, sometimes it's easier to throw up a zero. When things are going bad, three outs are the hardest thing to get."**

**Blue Jays reliever Casey Janssen** on last year's bullpen struggles.

Last season, Blue Jays fans could be forgiven for thinking "relief pitcher" was a misnomer, what with all the anxiety wrought by the team's bullpen.

Their 25 blown saves, tied for third worst in the league, is a stat players and pundits alike recite by memory.

"We just get a quarter or a third of those back and we're right there in the hunt for the playoffs," said right-fielder Jose Bautista.

So of all the areas Jays' brass could have targeted to improve this off-season, the bullpen was the obvious choice. Another established starting pitcher to fill out the rotation would have been nice, but upgrading the 'pen was a necessity. So general manager Alex Anthopoulos traded promising pitching prospect Nestor Molina to acquire 28-year-old closer Sergio Santos from the Chicago White Sox, and dipped into the free-agent market to sign veteran relievers Francisco Cordero and 41-year-old Darren Oliver.

The team also reacquired Jason Frasor, and converted starters Carlos Villanueva and Luis Perez to full-time bullpen duty.

Gone are erratic closers Jon Rauch and Frank Francisco, though the pair have reunited with the New York Mets.

Bullpens carry a team's momentum unlike any other part of the club. When a lead is lost late in the game, they wear it. The past participle of "blew it" is literally part of their statistical legacy.

But when things are going well, they are the ones who often keep it rolling.

What hurt the Jays' 2011 bullpen was more than just the regular ups and downs of a 162-game season.

"We had our issues," said Frasor, a veteran of eight major-league bullpens.

"We weren't a tight-knit group down there, you know? Usually, the teams I've been on, the bullpen hangs out with bullpen, the position players hang out with position players, starting pitchers hang out with starting pitchers, (but last year), the bullpen, we weren't that close.

"We didn't pick each other up, you know? That's what went wrong. It just wasn't a good mix of guys down there. It's hard to explain."

This year is different, Frasor says.

"It has a better feel, it really does, and I'm not just saying that because I should say that at this point. It does have a better feel, it's just ... better people."
TORSTAR NEWS SERVICE

**Spring training**

## Cecil hammered in Jays' loss to Tigers

Brett Cecil's spot in the Blue Jays' starting rotation is in doubt after he was smacked around by the Detroit Tigers on Monday.

"There is concern," Jays manager John Farrell said, almost gravely, after the game. "You'd like to see guys kind of on the incline going into the start of the season, rather than the reverse."

The Tigers teed off on the left-hander for a seven-run inning. Cecil gave up seven consecutive hits in the inning, capped by back-to-back homers by Prince Fielder and Delmon Young.

It was 9-0 when Cecil left the game after the fourth. The Tigers won 11-8.

The 25-year-old's fate with the Jays would be more precarious if Dustin McGowan were healthy, but Cecil — once projected to be the team's third starter — may have also fallen behind Kyle Drabek on the pitching depth chart. TORSTAR NEWS SERVICE

**Curling**

## Howard rings off two more wins for Canada at worlds

Canada's Glenn Howard posted two more victories Monday to remain unbeaten at the world men's curling championship in Basel, Switzerland.

Howard beat Norway's Thomas Ulsrud 8-3 in the morning draw before defeating Jiri Snitil of the Czech Republic 9-3 in the evening. Canada was tied with Sweden for first place at 5-0 after eight draws of round-robin play.

"I sense the confidence is getting bigger and bigger," Howard said.
THE CANADIAN PRESS

Canada's Glenn Howard
GEORGIOS KEFALAS/THE ASSOCIATED PRESS

**NHL**

## Daniel Sedin 'getting better' according to brother Henrik

Vancouver Canucks star Henrik Sedin says his teammate and twin brother Daniel is improving as he attempts to recover from a concussion.

"He's getting better and better, so we're hopeful," said Henrik after practice Monday.

Daniel Sedin was injured March 21 when he took an elbow to the head from Chicago Blackhawks defenceman Duncan Keith. The NHL suspended Keith five games for the infraction.
THE CANADIAN PRESS

**Basketball**

## It's Miller's time to head to the hall

Five-time all-star Reggie Miller and longtime coach Don Nelson are among a dozen players, coaches and teams that will be inducted into the Naismith Memorial Basketball Hall of Fame.

The class of 2012 was announced Monday in New Orleans, the site of the Final Four.

Also elected were two-time Olympic gold medallist Katrina McClain, three-time college player of the year Ralph Sampson, four-time NBA champion Jamaal Wilkes and longtime referee Hank Nichols.
THE ASSOCIATED PRESS

# NATIONAL HOCKEY LEAGUE

## EASTERN CONFERENCE

| | GP | W | L | OTL | SL | GF | GA | Pts | Home | Away | Last 10 | Strk |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| dx-NY Rangers | 79 | 50 | 22 | 2 | 5 | 218 | 175 | 107 | 27-11-0-2 | 23-11-2-3 | 6-4-0-0 | L1 |
| dx-Boston | 79 | 47 | 28 | 1 | 3 | 259 | 193 | 98 | 23-13-1-2 | 24-15-0-1 | 7-2-0-1 | W2 |
| d-Florida | 79 | 37 | 25 | 6 | 11 | 193 | 217 | 91 | 20-9-1-9 | 17-16-5-2 | 4-2-1-3 | L3 |
| x-Pittsburgh | 79 | 48 | 25 | 3 | 3 | 268 | 214 | 102 | 27-10-2-0 | 21-15-1-3 | 5-4-1-0 | L1 |
| x-Philadelphia | 79 | 46 | 24 | 2 | 7 | 257 | 222 | 101 | 21-12-1-5 | 25-12-1-2 | 6-2-0-2 | W1 |
| x-New Jersey | 79 | 45 | 28 | 2 | 4 | 219 | 205 | 96 | 22-13-0-4 | 23-15-2-0 | 5-4-0-1 | W3 |
| x-Ottawa | 79 | 41 | 28 | 6 | 4 | 245 | 231 | 92 | 20-15-2-2 | 21-13-4-2 | 5-3-0-2 | W4 |
| Washington | 79 | 40 | 31 | 4 | 4 | 212 | 223 | 88 | 25-11-2-2 | 15-20-2-2 | 5-3-1-1 | W2 |
| Buffalo | 79 | 38 | 31 | 4 | 6 | 208 | 219 | 86 | 20-12-3-5 | 18-19-1-1 | 6-2-0-2 | L2 |
| Winnipeg | 79 | 36 | 34 | 5 | 4 | 213 | 233 | 81 | 23-13-1-3 | 13-21-4-1 | 4-5-1-0 | L1 |
| Tampa Bay | 78 | 36 | 35 | 4 | 3 | 223 | 268 | 79 | 24-14-1-1 | 12-21-3-2 | 5-5-0-0 | W1 |
| Carolina | 79 | 31 | 32 | 10 | 6 | 208 | 237 | 78 | 19-14-2-5 | 12-18-8-1 | 5-5-0-0 | L2 |
| Toronto | 79 | 34 | 36 | 4 | 5 | 222 | 252 | 77 | 17-16-3-4 | 17-20-1-1 | 4-5-0-1 | W1 |
| NY Islanders | 79 | 33 | 35 | 7 | 4 | 194 | 241 | 77 | 16-18-5-1 | 17-17-3-2 | 6-3-0-1 | L2 |
| Montreal | 79 | 29 | 35 | 4 | 11 | 202 | 221 | 73 | 14-15-2-8 | 15-20-2-3 | 2-3-3-2 | L4 |

## WESTERN CONFERENCE

| | GP | W | L | OTL | SL | GF | GA | Pts | Home | Away | Last 10 | Strk |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| y-Vancouver | 79 | 49 | 21 | 2 | 7 | 239 | 191 | 107 | 25-10-0-4 | 24-11-3-2 | 7-2-1-0 | W6 |
| dx-St. Louis | 79 | 48 | 21 | 1 | 9 | 204 | 156 | 106 | 30-5-1-3 | 18-16-0-6 | 4-3-0-3 | L2 |
| d-Los Angeles | 79 | 39 | 27 | 5 | 8 | 185 | 170 | 91 | 21-14-0-4 | 18-13-5-4 | 8-2-0-0 | L1 |
| x-Detroit | 79 | 47 | 27 | 3 | 2 | 242 | 196 | 99 | 31-6-1-1 | 16-21-2-1 | 3-5-2-0 | W1 |
| x-Nashville | 79 | 45 | 26 | 3 | 5 | 227 | 208 | 98 | 24-10-2-3 | 21-16-1-2 | 4-5-0-1 | L1 |
| x-Chicago | 80 | 44 | 26 | 4 | 6 | 244 | 234 | 98 | 27-8-1-5 | 17-18-3-1 | 7-1-0-2 | L1 |
| Phoenix | 79 | 39 | 27 | 3 | 10 | 206 | 202 | 91 | 21-13-2-4 | 18-14-1-6 | 5-2-0-3 | W2 |
| San Jose | 79 | 40 | 29 | 5 | 5 | 214 | 201 | 90 | 25-12-2-1 | 15-17-3-4 | 6-4-0-0 | W1 |
| Dallas | 79 | 42 | 32 | 1 | 4 | 207 | 212 | 89 | 22-14-0-3 | 20-18-1-1 | 4-6-0-0 | L2 |
| Colorado | 80 | 41 | 33 | 4 | 2 | 205 | 209 | 88 | 22-15-1-1 | 19-18-3-1 | 5-3-1-1 | W1 |
| Calgary | 80 | 35 | 29 | 7 | 9 | 194 | 222 | 86 | 21-12-1-5 | 14-17-6-4 | 2-3-3-2 | L3 |
| Minnesota | 79 | 34 | 35 | 2 | 8 | 173 | 219 | 78 | 19-16-1-3 | 15-19-1-5 | 5-5-0-0 | W3 |
| Anaheim | 79 | 33 | 35 | 5 | 6 | 195 | 219 | 77 | 21-18-2-0 | 12-17-3-6 | 4-5-1-0 | L2 |
| Edmonton | 79 | 32 | 38 | 3 | 6 | 210 | 231 | 73 | 18-17-2-3 | 14-21-1-3 | 6-2-1-1 | W1 |
| Columbus | 79 | 27 | 45 | 2 | 5 | 190 | 255 | 61 | 16-21-1-2 | 11-24-1-3 | 5-5-0-0 | W3 |

**x** — clinched playoff berth; **d** — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

**Last night's results**
Washington at Tampa Bay
Edmonton at Los Angeles
**Sunday's games**
Ottawa 5 N.Y. Islanders 1
Edmonton 2 Anaheim 1
Philadelphia 6 Pittsburgh 4
Detroit 2 Florida 1 (SO)
Boston 2 N.Y. Rangers 1
Minnesota 5 Chicago 4 (SO)
**Tonight's games**
**All times Eastern**
**Toronto** at Buffalo, 7 p.m.
N.Y. Islanders at New Jersey, 7 p.m.
N.Y. Rangers at Philadelphia, 7 p.m.
Pittsburgh at Boston, 7:30 p.m.
Carolina at Ottawa, 7:30 p.m.
Winnipeg at Florida, 7:30 p.m.
Minnesota at Nashville, 8 p.m.
San Jose at Dallas, 8:30 p.m.
Anaheim at Vancouver, 10 p.m.
Columbus at Phoenix, 10 p.m.
**Tomorrow's games**
Tampa Bay at Montreal, 7:30 p.m.
Detroit at St. Louis, 7:30 p.m.

## SCORING LEADERS

| | G | A | PT |
|---|---|---|---|
| Malkin, Pgh | 48 | 56 | 104 |
| Stamkos, TB | 56 | 36 | 92 |
| Giroux, Pha | 28 | 61 | 89 |
| Spezza, Ott | 32 | 50 | 82 |
| Neal, Pgh | 39 | 41 | 80 |
| Kovalchuk, NJ | 34 | 46 | 80 |
| Kessel, Tor | 37 | 41 | 78 |
| Tavares, NYI | 31 | 47 | 78 |
| H.Sedin, Vcr | 13 | 65 | 78 |
| Hossa, Chi | 29 | 48 | 77 |
| Karlsson, Ott | 19 | 58 | 77 |
| Eberle, Edm | 33 | 42 | 75 |
| Ra.Whitney, Phx | 24 | 51 | 75 |
| Gaborik, NYR | 40 | 34 | 74 |
| Elias, NJ | 25 | 49 | 74 |
| Thornton, SJ | 16 | 58 | 74 |
| Kopitar, LA | 25 | 47 | 72 |
| Pominville, Buf | 29 | 41 | 70 |
| Eriksson, Dal | 26 | 44 | 70 |
| St. Louis, TB | 24 | 46 | 70 |
| E.Staal, Car | 24 | 45 | 69 |
| Zetterberg, Det | 22 | 46 | 68 |
| Moulson, NYI | 34 | 33 | 67 |
| Sharp, Chi | 33 | 34 | 67 |
| D.Sedin, Vcr | 30 | 37 | 67 |
| Lupul, Tor | 25 | 42 | 67 |
| Parenteau, NYI | 18 | 49 | 67 |
| Hartnell, Pha | 32 | 30 | 66 |
| Iginla, Cal | 32 | 34 | 66 |
| Parise, NJ | 31 | 35 | 66 |
| Seguin, Bos | 27 | 38 | 65 |
| Selanne, Ana | 26 | 39 | 65 |
| Filppula, Det | 23 | 42 | 65 |
| P.Kane, Chi | 23 | 42 | 65 |
| B.Richards, NYR | 25 | 39 | 64 |
| Datsyuk, Det | 18 | 46 | 64 |
| Ovechkin, Wash | 36 | 27 | 63 |
| Ryder, Dal | 35 | 27 | 62 |
| Ja.Benn, Dal | 26 | 36 | 62 |
| Ribeiro, Dal | 18 | 44 | 62 |
| O.Jokinen, Cal | 23 | 38 | 61 |
| P.Bergeron, Bos | 22 | 39 | 61 |
| Purcell, TB | 20 | 41 | 61 |
| Wheeler, Wpg | 17 | 44 | 61 |
| Michalek, Ott | 35 | 25 | 60 |
| Vrbata, Phx | 33 | 27 | 60 |
| Couture, SJ | 30 | 30 | 60 |
| Pacioretty, Mtl | 30 | 30 | 60 |
| Marleau, SJ | 28 | 32 | 60 |
| Fleischmann, Fla | 26 | 33 | 59 |
| Krejci, Bos | 23 | 36 | 59 |
| Perry, Ana | 36 | 22 | 58 |
| Pavelski, SJ | 31 | 27 | 58 |
| Alfredsson, Ott | 27 | 31 | 58 |
| Lucic, Bos | 24 | 34 | 58 |

**Yesterday's games not included**

# GOLF

## WORLD RANKING

**Through April 1**

| | | |
|---|---|---|
| 1. Luke Donald | ENG | 9.70 |
| 2. Rory McIlroy | NIR | 9.59 |
| 3. Lee Westwood | ENG | 7.76 |
| 4. Hunter Mahan | USA | 5.75 |
| 5. Steve Stricker | USA | 5.67 |
| 6. Martin Kaymer | GER | 5.64 |
| 7. Tiger Woods | USA | 5.53 |
| 8. Charl Schwartzel | SAF | 5.09 |
| 9. Justin Rose | ENG | 5.06 |
| 10. Webb Simpson | USA | 5.03 |
| 11. Jason Day | AUS | 4.97 |
| 12. Dustin Johnson | USA | 4.92 |
| 13. Adam Scott | AUS | 4.87 |
| 14. Phil Mickelson | USA | 4.82 |
| 15. Graeme McDowell | NIR | 4.80 |
| 16. Bubba Watson | USA | 4.56 |
| 17. Bill Haas | USA | 4.51 |
| 18. Matt Kuchar | USA | 4.46 |
| 19. Keegan Bradley | USA | 4.29 |
| 20. Nick Watney | USA | 4.18 |

# CURLING

## MEN'S WORLD CHAMPIONSHIP

**At Basel, Switzerland**
**ROUND-ROBIN STANDINGS**

| Country (skip) | W | L |
|---|---|---|
| **Canada (G.Howard)** | **5** | **0** |
| Sweden (Edin) | 5 | 0 |
| China (Liu) | 4 | 1 |
| Scotland (Brewster) | 4 | 1 |
| Denmark (Stjerne) | 2 | 3 |
| France (Dufour) | 2 | 3 |
| New Zealand (de Boer) | 2 | 3 |
| Norway (Ulsrud) | 2 | 3 |
| Czech Rep. (J.Snitil) | 1 | 4 |
| Germany (Jahr) | 1 | 4 |
| Switzerland (Mueller) | 1 | 4 |
| U.S. (McCormick) | 1 | 4 |

**Yesterday's results**
**Sixth Draw**
**Canada 8** Norway 3
New Zealand 6 France 5
U.S. 7 Denmark 6
Scotland 8 Germany 3
**Seventh Draw**
Sweden 8 New Zealand 3
Norway 6 Czech Republic 4
Scotland 7 Switzerland 4
China 7 Denmark 6
**Eighth Draw**
China 7 U.S. 5
Switzerland 9 Germany 4
Canada 9 Czech Republic 3
Sweden 10 France 8
**Today's games**
**Ninth Draw, 3 a.m.**
Czech Republic vs. Germany; Sweden vs. U.S.; China vs. France; Switzerland vs. **Canada.**
**Draw 10, 8 a.m.**
France vs. Scotland; **Canada** vs. Denmark; Germany vs. New Zealand; U.S. vs. Norway.
**Draw 11, 1 p.m.**
Denmark vs. Switzerland; Scotland vs. China; Norway vs. Sweden; New Zealand vs. Czech Republic.
**Tomorrow's games**
**Draw 12, 3 a.m.**
Norway vs. China; New Zealand vs. Switzerland; Denmark vs. Czech Republic; Scotland vs. Sweden.
**Draw 13, 8 a.m.**
Sweden vs. **Canada;** Czech Republic vs. France; Switzerland vs. U.S.; China vs. Germany.
**Draw 14, 1 p.m.**
U.S. vs. New Zealand; Germany vs. Norway; **Canada** vs. Scotland; France vs. Denmark.

# LACROSSE

## NLL

**EAST DIVISION**

| | GP | W | L | Pct. | GF | GA | GB |
|---|---|---|---|---|---|---|---|
| Philadelphia | 12 | 7 | 5 | .583 | 143 | 153 | — |
| Toronto | 12 | 6 | 6 | .500 | 146 | 145 | 1 |
| Rochester | 12 | 5 | 7 | .417 | 145 | 149 | 2 |
| Buffalo | 12 | 4 | 8 | .333 | 142 | 161 | 3 |

**WEST DIVISION**

| | GP | W | L | Pct. | GF | GA | GB |
|---|---|---|---|---|---|---|---|
| x-Colorado | 13 | 10 | 3 | .769 | 174 | 159 | — |
| x-Calgary | 13 | 10 | 3 | .769 | 180 | 136 | — |
| Minnesota | 12 | 5 | 7 | .417 | 144 | 149 | 4½ |
| Edmonton | 11 | 4 | 7 | .364 | 117 | 123 | 5 |
| Washington | 13 | 4 | 9 | .308 | 141 | 157 | 6 |

x — Clinched playoff berth.
**WEEK 13**
**Saturday's results**
Toronto 15 Buffalo 9
Calgary 13 Washington 11
Edmonton 9 Minnesota 8 (OT)
Colorado 16 Rochester 12
**WEEK 14**
**Friday's games**
**All times Eastern**
Minnesota at Philadelphia, 7 p.m.
Rochester at Calgary, 9 p.m.
**Saturday, April 7**
Edmonton at Toronto, 7 p.m.
Philadelphia at Buffalo, 7:30 p.m.

# SOCCER

## MLS

### EASTERN CONFERENCE

| | GP | W | L | T | GF | GA | Pt |
|---|---|---|---|---|---|---|---|
| Kansas City | 4 | 4 | 0 | 0 | 7 | 1 | 12 |
| New York | 4 | 2 | 2 | 0 | 10 | 7 | 6 |
| Columbus | 3 | 2 | 1 | 0 | 3 | 2 | 6 |
| Houston | 3 | 2 | 1 | 0 | 2 | 2 | 6 |
| New England | 4 | 2 | 2 | 0 | 4 | 5 | 6 |
| Chicago | 3 | 1 | 1 | 1 | 2 | 3 | 4 |
| D.C. United | 4 | 1 | 2 | 1 | 5 | 5 | 4 |
| Philadelphia | 4 | 0 | 3 | 1 | 2 | 6 | 1 |
| Montreal | 4 | 0 | 3 | 1 | 3 | 10 | 1 |
| Toronto | 3 | 0 | 3 | 0 | 1 | 7 | 0 |

### WESTERN CONFERENCE

| | GP | W | L | T | GF | GA | Pt |
|---|---|---|---|---|---|---|---|
| Salt Lake | 4 | 3 | 1 | 0 | 8 | 4 | 9 |
| San Jose | 4 | 3 | 1 | 0 | 5 | 1 | 9 |
| Colorado | 4 | 3 | 1 | 0 | 7 | 5 | 9 |
| Vancouver | 4 | 2 | 0 | 2 | 3 | 0 | 8 |
| Seattle | 3 | 2 | 1 | 0 | 5 | 2 | 6 |
| Portland | 4 | 1 | 2 | 1 | 6 | 6 | 4 |
| Dallas | 4 | 1 | 2 | 1 | 5 | 8 | 4 |
| Los Angeles | 3 | 1 | 2 | 0 | 5 | 7 | 3 |
| Chivas USA | 4 | 1 | 3 | 0 | 1 | 3 | 3 |

**Note:** Three points for a win, one for a tie.
**Sunday's results**
Colorado 2 Chicago 0
Kansas City 1 Chivas USA 0
**Saturday's results**
Vancouver 0 Philadelphia 0
Columbus 1 Toronto 0
New York 5 Montreal 2
Salt Lake 3 Portland 2
San Jose 1 Seattle 0
New England 3 Los Angeles 1
**Tomorrow's game**
**All times Eastern**
Montreal at Salt Lake, 9 p.m.
**Thursday's game**
New England at Dallas, 8:30 p.m.
**Saturday, April 7**
Toronto at Montreal, 12 p.m.
New York at Columbus, 3 p.m.
Los Angeles at Kansas City, 4 p.m.
Vancouver at San Jose, 7 p.m.
Seattle at D.C. United, 7:30 p.m.
Colorado at Real Salt Lake, 9 p.m.
Chivas USA at Portland, 10:30 p.m.

# MLB

## SPRING TRAINING

### AMERICAN LEAGUE

| | W | L | Pct |
|---|---|---|---|
| Toronto | 23 | 7 | .767 |
| Detroit | 20 | 7 | .741 |
| Oakland | 14 | 5 | .737 |
| Seattle | 15 | 8 | .652 |
| Los Angeles | 17 | 11 | .607 |
| New York | 16 | 11 | .593 |
| Boston | 15 | 11 | .577 |
| Minnesota | 18 | 14 | .563 |
| Kansas City | 15 | 15 | .500 |
| Baltimore | 11 | 13 | .458 |
| Chicago | 13 | 18 | .419 |
| Texas | 12 | 17 | .414 |
| Tampa Bay | 9 | 16 | .360 |
| Cleveland | 7 | 22 | .241 |

### NATIONAL LEAGUE

| | W | L | Pct |
|---|---|---|---|
| St. Louis | 16 | 9 | .640 |
| San Diego | 19 | 15 | .559 |
| Colorado | 16 | 14 | .533 |
| San Francisco | 16 | 14 | .533 |
| Los Angeles | 14 | 13 | .519 |
| Milwaukee | 15 | 14 | .517 |
| Chicago | 16 | 16 | .500 |
| Cincinnati | 15 | 17 | .469 |
| Houston | 14 | 16 | .467 |
| Miami | 11 | 13 | .458 |
| Philadelphia | 12 | 16 | .429 |
| Washington | 12 | 16 | .429 |
| Arizona | 13 | 18 | .419 |
| Atlanta | 10 | 18 | .357 |
| Pittsburgh | 9 | 18 | .333 |
| New York | 8 | 19 | .296 |

**NOTE:** Split-squad games count in the standings; games against non-major league teams do not.
**Yesterday's results**
N.Y. Mets 8, Atlanta 2
Detroit 11, Toronto 8
Tampa Bay 6, Minnesota 6, tie
Boston 4, Washington 2
Milwaukee 13, Chicago White Sox 7
Cincinnati 2, Cleveland 1
Seattle 7, Colorado 2
Chicago Cubs 8, Arizona 3
Pittsburgh at Philadelphia
N.Y. Yankees at Miami
L.A. Dodgers vs. L.A. Angels
Oakland at San Francisco
**Sunday's results**
Washington 2, St. Louis 1
Pittsburgh 3, Toronto 1
Tampa Bay 8, Baltimore 5
Atlanta 7, Philadelphia 7, tie
Detroit (ss) 4, Houston 2
Detroit (ss) 9, N.Y. Mets 2
N.Y. Yankees 10, Miami 8
Boston 5, Minnesota 1
Chicago Cubs 8, L.A. Angels 1
Seattle 6, Kansas City 4
Milwaukee 7, San Francisco 4
Chicago White Sox 13, Cincinnati 10
Texas 5, San Diego 3
Arizona 6, L.A. Dodgers 2
Cleveland 12, Colorado 10
**Today's games**
Detroit vs. Toronto at Dunedin, Fla., 12:05 p.m.
Tampa Bay vs. Minnesota at Fort Myers, Fla., 1:05 p.m.
N.Y. Yankees vs. N.Y. Mets at Port St. Lucie, Fla., 2:10 p.m.
Milwaukee (ss) vs. Chicago Cubs at Mesa, Ariz., 3:05 p.m.
Boston at Washington, 3:05 p.m.
Seattle vs. Colorado at Scottsdale, Ariz., 4:10 p.m.
Pittsburgh at Philadelphia, 7:05 p.m.
Chicago White Sox at Houston, 8:05 p.m.
Milwaukee (ss) vs. Arizona at Scottsdale, Ariz., 9:40 p.m.
Kansas City at San Diego, 10:05 p.m.
L.A. Angels vs. L.A. Dodgers at Glendale, Ariz., 10:10 p.m.
San Francisco at Oakland, 10:35 p.m.

# NBA

## EASTERN CONFERENCE

| | W | L | Pct | GB |
|---|---|---|---|---|
| x-Chicago | 42 | 12 | .778 | — |
| d-Miami | 37 | 14 | .725 | 3½ |
| Orlando | 32 | 21 | .604 | 9½ |
| d-Boston | 30 | 22 | .577 | 11 |
| Indiana | 31 | 21 | .596 | 10 |
| Atlanta | 31 | 23 | .574 | 11 |
| Philadelphia | 29 | 23 | .558 | 12 |
| New York | 27 | 26 | .509 | 14½ |
| Milwaukee | 24 | 28 | .462 | 17 |
| Detroit | 19 | 33 | .365 | 22 |
| New Jersey | 19 | 35 | .352 | 23 |
| Cleveland | 17 | 33 | .340 | 23 |
| Toronto | 18 | 35 | .340 | 23½ |
| Washington | 12 | 40 | .231 | 29 |
| Charlotte | 7 | 43 | .140 | 33 |

## WESTERN CONFERENCE

| | W | L | Pct | GB |
|---|---|---|---|---|
| x-Oklahoma City | 40 | 12 | .769 | — |
| d-San Antonio | 36 | 14 | .720 | 3 |
| d-L.A. Lakers | 33 | 20 | .623 | 7½ |
| L.A. Clippers | 31 | 21 | .596 | 9 |
| Dallas | 30 | 23 | .566 | 10½ |
| Memphis | 28 | 22 | .560 | 11 |
| Denver | 29 | 24 | .547 | 11½ |
| Houston | 28 | 25 | .528 | 12½ |
| Utah | 27 | 26 | .509 | 13½ |
| Phoenix | 26 | 26 | .500 | 14 |
| Portland | 25 | 28 | .472 | 15½ |
| Minnesota | 25 | 29 | .463 | 16 |
| Golden State | 20 | 31 | .392 | 19½ |
| Sacramento | 18 | 34 | .346 | 22 |
| New Orleans | 13 | 40 | .245 | 27½ |

d-division leader
x-clinched playoff spot
**Last night's results**
Milwaukee at Washington
Houston at Chicago
Memphis at Oklahoma City
L.A. Clippers at Dallas
Minnesota at Sacramento
Utah at Portland
**Sunday's results**
Oklahoma City 92, Chicago 78
Boston 91, Miami 72
Toronto 99, Washington 92
Denver 104, Orlando 101
Indiana 104, Houston 102, OT
Portland 119, Minnesota 106
Phoenix 92, New Orleans 75
L.A. Lakers 120, Golden State 112
**Tonight's games**
**All times Eastern**
San Antonio at Cleveland, 7 p.m.
New York at Indiana, 7 p.m.
Charlotte at Toronto, 7 p.m.
Orlando at Detroit, 7:30 p.m.
Philadelphia at Miami, 7:30 p.m.
Golden State at Memphis, 8 p.m.
Phoenix at Sacramento, 10 p.m.
New Jersey at L.A. Lakers, 10:30 p.m.

# BASKETBALL

## NCAA MEN'S TOURNAMENT

### FINAL FOUR

**At New Orleans**
**CHAMPIONSHIP**
**Last night's result**
Kentucky vs. Kansas
**SEMIFINALS**
**Saturday's results**
Kentucky 69 Louisville 61
Kansas 64 Ohio State 62

LOOKING TO MAKE A CAREER CHANGE?
Read metro work every Monday & Wednesday.

# Final week anything but regular

All 30 NHL teams close out their regular-season schedule with games on Saturday and there is plenty still at stake before then, from playoff spots to year-end trophies to personal milestones. Here's a closer look at what to keep an eye on in the coming days:

THE CANADIAN PRESS

## Cluttered conferences

In the Western Conference, Los Angeles, Phoenix, San Jose, Dallas and Colorado are fighting for three playoff spots.

In the East, ninth-place Buffalo are two points back of Washington and five behind Florida. They'll need to win all three remaining games and get some help to make the playoffs.

## 2 Battle for home ice in Pennsylvania

The Pittsburgh Penguins enter the week one point up on the Philadelphia Flyers and a season-ending meeting between them on Saturday will likely determine whether their series starts at Consol Energy Center or Wells Fargo Center.

## 3 Presidents' Trophy pressure

Will the Presidents' Trophy go to Vancouver, the Rangers or St. Louis?

The Canucks are looking to become the NHL's first back-to-back regular-season champions since the lockout and enter the week tied with New York at 107 points, one ahead of the Blues. They each have three games to play.

## 4 Will Karlsson reach 80-point mark?

Ottawa Senators defenceman Erik Karlsson is down to three games to bolster his case for the Norris Trophy. His 77 points are 25 ahead of the next best blue-liner, Zdeno Chara, and he sports a plus-18 rating.

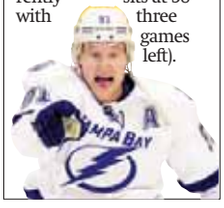
## 5 Battle for freshman supremacy

A trio of players are still fighting for the rookie scoring lead, which could affect how members of the Professional Hockey Writers' Association vote on the Calder Trophy.

Edmonton's Ryan Nugent-Hopkins and Colorado's Gabriel Landeskog entered Monday with 51 points each, one ahead of New Jersey's Adam Henrique.

## 6 Sixty in sight for Stamkos

Tampa Bay's Steven Stamkos is looking to put an exclamation mark on his season by hitting 60 goals (he currently sits at 58 with three games left).





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## MISCELLANEOUS

### Miscellaneous

BEN - owned by Wendy Cotie, will be sold at the Galetta Horse auction by Ernie Smith Sat Apr 7 for o/s board owing of $3400. Ben is a 17 y.o. dark bay draft-cross gelding, 15.3hh.

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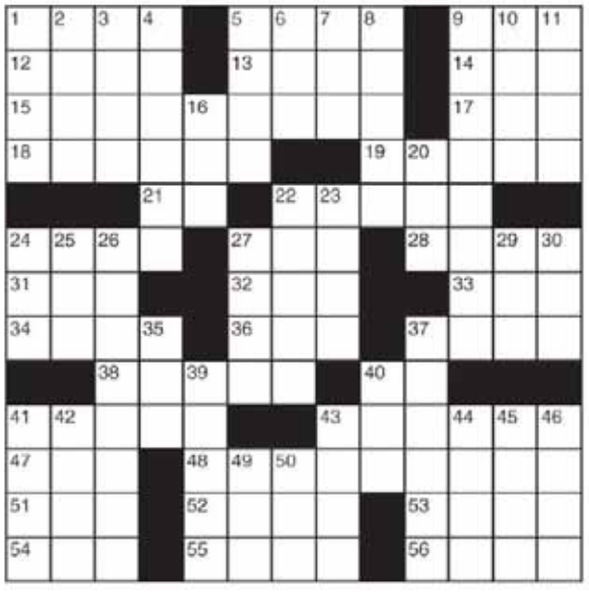
## Crossword



**Across**

1 Urban fleet
5 Stroller
9 Embrace
12 Grad
13 John/Rice collaboration
14 NAFTA signatory
15 Military sky divers
17 Journey segment
18 Lotus model
19 Burdens
21 Yours truly
22 Choppers
24 Sculptor's medium
27 Preceding
28 Takeout request
31 Army rank (Abbr.)
32 Be unwell
33 Indivisible
34 Pop choice
36 Pigpen
37 Incite
38 Overact
40 "Monopoly" corner
41 Town bigwig
43 Delicate, as a fragrance
47 In bygone times
48 Cartoon vamp
51 Writer Buscaglia
52 "What's the big —?"
53 Cogito-sum link
54 Recipe meas.
55 Stage statuette
56 Turns green?

**Down**

1 Part of a superhero costume
2 Remark re Yorick
3 After-dinner speech?
4 Smugly ingratiating
5 Segment
6 Carnival city
7 Big fuss
8 Syrup flavor
9 Wham-O product
10 Secondhand
11 Jokes
16 Dead heat
20 Mel of Coopers-town
22 Hackneyed
23 Slithery
24 LX percent of D
25 Privy
26 Comic-strip caveman
27 Bridge position
29 Wildebeest
30 "— the ramparts ..."
35 I love, to Livy
37 Wept loudly
39 Trip around the world?
40 Fellow
41 Beer ingredient
42 Quite some time
43 Command to Rover
44 Whig rival
45 Theater box
46 Heroic poetry
49 Tokyo's old name
50 Toe tally

For today's crossword answers and for expanded horoscopes, go to metronews.ca

### Monday's answer

## Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | 4 | | | | 8 | | |
| | | 3 | 5 | | 4 | 6 | | |
| 7 | | | | 3 | | | | 9 |
| | 1 | 5 | 3 | | 6 | 9 | 2 | |
| | | | | | | | | |
| | 9 | 2 | 1 | | 5 | 7 | 6 | |
| 5 | | | | 4 | | | | 3 |
| | | 8 | 2 | | 1 | 5 | | |
| | | 9 | | | | 2 | | |

**How to play**
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

### Monday's answer

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 9 | 2 | 6 | 8 | 7 | 4 | 1 | 5 | 3 |
| 3 | 7 | 4 | 5 | 2 | 1 | 9 | 8 | 6 |
| 1 | 5 | 8 | 9 | 3 | 6 | 2 | 4 | 7 |
| 7 | 3 | 2 | 4 | 6 | 8 | 5 | 9 | 1 |
| 6 | 8 | 1 | 2 | 5 | 9 | 7 | 3 | 4 |
| 4 | 9 | 5 | 3 | 1 | 7 | 8 | 6 | 2 |
| 8 | 6 | 7 | 1 | 4 | 5 | 3 | 2 | 9 |
| 5 | 1 | 3 | 6 | 9 | 2 | 4 | 7 | 8 |
| 2 | 4 | 9 | 7 | 8 | 3 | 6 | 1 | 5 |

## Send a kiss

- **Mr. Hammer Man**. You will always be my stereo. ilu
- **Bunny.** I love you. You have to remember, its always going to be YOU and ME. It's the most real thing you've ever had. We don't give up on the things we love. We always come back. <3 Baby T
- Nothing can rival spending my life with you; not eternal bliss or existing logically. Jeremy
- **Gady.** I know you may not notice how handsome I think you are, and I don't really see you too often but if you read this just know I love steering at you I have a crush on you. Your admirer always
- **Mi Vida <3.** I love you so much <3 I know that at times things are hard but no matter what, me and you will make it through <3 we've been through a lot before and I will always be here for you no matter what <3 you're the only girl I'm willing to die for <3

Today 10°/1° Variable
Wednesday 8°/-1° Showers 40%
Know what the weather will be 14 days from now.
Check the 14 day trend.
©The Weather Network 2012

## Horoscope

**Aries | March 21 - April 20.** You are in the mood to travel, socialize and have a good time.
**Taurus | April 21 - May 21.** As an Earth sign you enjoy the good things in life, and with your ruling planet Venus moving into the money area of your chart today you'll be able to afford them too.
**Gemini | May 22 - June 20.** Whatever changes take place over the next 24 hours you can be sure they will work in your favour, at least in the long-term.
**Cancer | June 21 - July 22.** You need to sit down quietly, away from other people, and decide what your priorities are going to be.
**Leo | July 23 - Aug. 22.** Make an effort to get out into the world and meet people today.
**Virgo | Aug. 23 - Sept. 22.** This is an excellent time to show someone in a position of power that you have what it takes to succeed.
**Libra | Sept. 23 - Oct. 22.** You are hugely optimistic about the future, and with good reason.
**Scorpio | Oct. 23 - Nov. 21.** Steer clear of extremes today, especially extremes of emotion. Like most Scorpios you harbour a few secret grudges but this is not the time to make them public.
**Sagittarius | Nov. 22 - Dec. 21.** The people you meet today, both socially and at work, will go out of their way to be nice to you. Respond in kind and show everyone what a big-hearted Sag you are.
**Capricorn | Dec. 22 - Jan 20.** You may be tempted to push yourself harder and take on more responsibilities but is that really such a good idea?
**Aquarius | Jan. 21 - Feb 18.** Anything of a creative or artistic nature is under exceedingly good stars at the moment, so believe in yourself and what you are doing and before you know it you may be something of a star yourself.
**Pisces | Feb. 19 - March 20.** Let fate take its course and don't try to change things that are best left alone.

SALLY BROMPTON

## Caption Contest

"Staring Contest!! 1,2,3, GO!"
Amanda

JENS KOEHLER/THE ASSOCIATED PRESS

**Win!**

## You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

NEED COOL DESIGN TIPS?
Read metro home every Thursday.

# OTTAWA GOLD

## Paying You the Highest Gold and Silver Prices Guaranteed

Don't be fooled by recycling and road show events any longer. We offer significantly higher prices and we stand behind our promise to offer you the highest prices guaranteed. Breathe easy and sell with confidence. Visit us today and be pleasantly surprised.

## WE PROMISE YOU...

### The Highest Prices Guaranteed

Since we offer our very best prices upfront, there's no need for stressful negotiations. We're so confident in our prices and service, that if you get a higher offer for your jewellery, we will beat that price by 20% of the difference!

Terms and Conditions can be found at www.OttawaGold.ca

### Honest, Friendly and Transparent Service

We are dedicated to providing honest and transparent service with the highest payouts in the industry and no hidden fees. Everything is done right in front of you so you can be involved in every step, and payments are made in person, on-the-spot.

### How it Works....

1. Bring in your unwanted jewellery.
2. Our friendly and professional staff will test your items right in front of you and involve you in every step.
3. You walk away with a cheque.

## WHAT WE PAY

### Gold Buying Prices by Karat

Karat | Price/gram

| | |
|---|---|
| 1 ounce (9999) Maple Leaf Coins (sealed) | $1,590.35/coin |
| 9999 Canada Maple leaf, less than 1 ounce | $51.14/g |
| 24k Jewellery | $40.16/g |
| 22k | $36.79/g |
| E. Indian/Nuggets | $32.61/g |
| 18k | $30.12/g |
| 14k and dental | $23.41/g |
| 10k | $16.71/g |
| 9k | $15.06/g |
| 8k/antique gold | $10.04/g |

### Gold Bar Buying Prices

Gold Bars | Buy Price

| | |
|---|---|
| Gold 1 ounce (Recognized) | $1,540.40 |
| Gold 10 ounce (Recognized) | $15,320.70 |
| Gold 1kg (Recognized) | $49,256.04 |
| Gold bars, less than 1 ounce (Recognized) | $49.26/g |
| 999 Gold bar (Unrecognized) | $47.92/g |

### Silver Coin, Bars, and Jewellery Buying Prices - Canada Coins | Price

| | |
|---|---|
| Maple Leaf (1 ounce Silver) | $31.51/coin |

Silver Jewellery and Other Silver | Price

| | |
|---|---|
| Stamped Sterling Silver Flatware | $0.66/g |
| Stamped Sterling Silver Jewellery | $0.63/g |
| Mexican Silver stamped 925 | $0.53/g |
| Stamped 800 Silver | $0.51/g |
| Unstamped scrap silver | $0.34/g |
| Other silver coins | $0.71/g |

*Actual buying prices are based on weight of silver content, which is lower for worn coins.

Prices Updated: 2012-04-02 16:55:37 UTC

### Example Purchase 1:

Purity: 14k • Weight: 193.50g

**PRICE: $4,529.84**

### Example Purchase 2:

Purity: 24k • Weight: 6.42g

**PRICE: $257.83**

### Example Purchase 3:

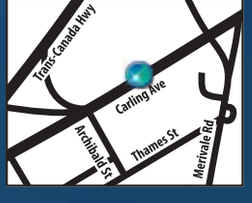
Purity: 14k • Weight: 183.30g

**PRICE: $ 4,291.05**

## 613.979.GOLD (4653)

**Westgate Shopping Centre, 1309 Carling Ave, Ottawa**

**Monday to Friday, 9:30am to 6pm • Saturday, 10am to 5pm**




**www.ottawagold.ca**